



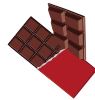
HEALTH TIP OF THE WEEK

4/11: Dark Chocolate

Do you have a “sweet tooth”? You’re not alone. Almost everyone craves sweets from time to time. Unfortunately, with the exception of fruit, what we put into our mouth to satisfy those cravings can derail our health. Dark chocolate is an exception. It is incredibly nutritious.



Benefits of Dark Chocolate



1. Nutrient-dense – it is high in fiber, iron, magnesium, copper, and manganese
2. Contains powerful antioxidants to battle inflammation (Dark chocolate has been shown to have a greater antioxidant effect than many high-antioxidant fruits like blueberries and acai berries.)
3. Can lower blood pressure
4. Can raise HDL [good cholesterol] and lower LDL [bad cholesterol]
5. Can protect the heart from inflammation and subsequent heart disease
6. Can lower inflammation, which leads to chronic diseases



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Portion Size



Careful. This guilty pleasure has a limit - only 6.7 grams of chocolate per day (or .23 ounces). This portion size is based on results from the Moli-sani Project, one of the largest health studies ever conducted in Europe.



Slowly savor a square or two after dinner or when you have a craving for sweets. Be moderate. Dark chocolate is still loaded with calories and it's easy to overindulge. For added protein, dip the square into peanut butter.

Buyer's Checklist

The best dark chocolate has distinct characteristics, including the following:



- High in cocoa: 70% or higher cocoa percentage.
- Cocoa comes first: Cocoa or a form of cocoa is the first ingredient.
- No unnecessary ingredients: Avoid dark chocolate that contains trans fat, milk, artificial flavorings, high amounts of sugar, and other unnecessary ingredients.
- No alkali processing: Alkali processing is also known as Dutching. Avoid chocolate processed this way because it has only about half of the phytonutrients, which help fight disease and keep your body working properly.
- Fair-trade and organic: This type of dark chocolate is more likely to be high-quality, ethically sourced, and pesticide-free.
- Follow these tips to make sure your dark chocolate is high-quality, rich in antioxidants, and of course, delicious.

As always, we are here to help in your fitness journey. Don't hesitate to call our office.