



ELITE

Personal Training and Fitness Solutions

HEALTH TOPIC OF THE WEEK

12/26 - Important Update On Dark Chocolate

The benefits of dark chocolate are well documented. They include antioxidant properties, skin protection, and blood pressure reduction. Dark chocolate also supports heart function and boosts both focus and energy.

Unfortunately, recent research provided by Consumer Reports¹ indicates that several brands contain potentially dangerous amounts of heavy metals. For example, CR found that an ounce of Hershey's Special Dark Mildly Sweet Chocolate contained lead 265% above allowable limits, and Trader Joe's Dark Chocolate 72% Cacao contained 192% more!

Scientists for Consumer Reports measured the amount of heavy metals in 28 popular brands of dark chocolate bars and found cadmium and lead in all of them. For 23 of the bars, consuming just an ounce a day would put an adult over the level for at least one of the potentially harmful metals. Five of the bars were above allowable levels for both cadmium and lead.

Long-term exposure to even small amounts of heavy metals can lead to a slew of health issues, including developmental problems and brain development in young children. However, there are risks for people of any age. Frequent exposure to lead in adults can lead to nervous system problems, hypertension, immune system suppression, kidney damage and reproductive issues.



UPDATE



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.

Here are safer dark chocolate options from Consumer Reports:

- **Valrhona Abinao Dark Chocolate 85% Cacao**
 - 63% less lead and 73% less cadmium
- **Ghirardelli Intense Dark Chocolate Twilight Delight**
 - 61% less lead and 96 % less cadmium 96%
- **Ghirardelli Intense Dark Chocolate 86% Cacao**
 - 36% less lead and 39% less cadmium
- **Taza Chocolate Organic Deliciously Dark Chocolate 70% Cacao**
 - 33% less lead and 74% less cadmium
- **Mast Organic Dark Chocolate 80% Cocoa**
 - 14% less lead and 40% less cadmium



EPT continues to recommend dark chocolate as a healthy sweet treat and encourages you to enjoy it during this Christmas and holiday season. However, we strongly recommend a dark chocolate selection from the five sources listed above.

Health and wellness are complex and ever-changing. Don't try to walk this difficult journey alone. Let EPT partner with you so that you can achieve your goals in a safe, sound, scientific and sustainable way.

<https://www.consumerreports.org/health/food-safety/lead-and-cadmium-in-dark-chocolate-a8480295550/>



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