

Chocolate: Is it good for you or not?

Everyone wants to know the truth about chocolate. Is it good for you or not? Dark chocolate *does* have health benefits. But guess what? Most people don't eat dark chocolate! The majority of chocolate products are full of sugar and fat.

Read these **Six Chocolate Myths** and learn the truth *once and for all*. Sorry, chocoholics (people addicted to chocolate). Some myths will never die.



Six Myths about Chocolate

1. Chocolate is a health food

This depends on the chocolate. Dark chocolate contains antioxidants. These may provide health benefits when eaten in moderation. Milk chocolate is high in sugar and low in antioxidants. White chocolate has no antioxidants. Choose carefully!

2. Chocolate keeps you thin

Sorry, chocolate lovers. Too much chocolate can cause obesity. Most chocolate is high in sugar and fat. Chocolate bars are high in calories. Eat chocolate for special occasions, not as a regular snack.

3. Chocolate causes pimples

Food is not directly linked to acne. Pimples occur when there is oil on the skin. This is often due to hormone changes. Skin problems can also be genetic.



4. Chocolate is high in caffeine

A piece of chocolate contains a small amount of caffeine. There is a similar amount in a cup of decaffeinated coffee. This is not why chocolate is dangerous for dogs. Chocolate contains a chemical called theobromine. Like caffeine, theobromine is toxic to many dogs.

5. Chocolate is addictive

Chocolate is not physically addictive. This is hard for chocoholics to believe. Many people have a strong desire to eat chocolate. Doctors say this wish is emotional, not physical.

6. Chocolate prevents disease

Sweet companies want you to believe this. The same is sometimes said of red wine. Unfortunately, the sugar and fat in most chocolate cancel out the nutrients. If chocolate makes you happy, that's a different story.

Read the statements below and say if they are true or false. If false, correct the information.

1. White chocolate has antioxidants. _____
2. *Obese* is the opposite of *thin*. _____
3. People with lots of pimples have acne. _____
4. Chocolate and decaf coffee contain a small amount of caffeine. _____
5. Doctors warn that chocolate is highly addictive. _____

KEY

1. False. White chocolate has no antioxidants.
2. True.
3. True.
4. True.
5. False. There is no indication that chocolate is physically addictive.