



EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Chocolate: Match Maker or Heart Breaker?

Milk chocolate, white chocolate, dark chocolate. With so many choices, how do you exercise good *fudge*-ment? Whether you receive chocolate from your Valentine or want to treat yourself to a delectable sweet on this holiday, you may be wondering if it's better to avoid chocolate completely or if it has a place in a healthy diet. Good news, there's no reason to avoid this candy, in eaten in moderation. Due to its high fat content, chocolate has a decadent mouthfeel, so a little goes a long way. However, too much chocolate can get you into *truffle*. Keep these suggestions in mind as you take part in the festivities this Valentine's Day.

Match

Maker

Due to the suggested health benefits from antioxidants in cocoa, dark chocolate with at least 70% cocoa may be your perfect match this Valentine's Day. Try drizzling some dark chocolate on fruit such as strawberries and pineapple. You can also enjoy your favorite chocolatey snack in a smaller portion. Regardless of the type of chocolate you choose, allowing yourself a bit of indulgence can be part of a healthy overall diet.

Heart

Breaker

White chocolate may appear to be a lighter choice due to its color, but this sweet imposter, a blend of cocoa butter and sugar, often contains higher levels of saturated fat than dark chocolate. It also does not contain enough cocoa to provide antioxidants. Whether it is dark, milk, or white, chocolate, it is still high in calories, sugar, and saturated fat, so try practicing mindful eating to savor this indulgent treat.



A little bit does a Choco-lot!

Revised By: Rachel Ho

References: *Dark Chocolate*. Available at: <https://www.hsph.harvard.edu/nutritionsource/food-features/dark-chocolate/>. Accessed on Jan. 22, 2022. *Cocoa and Dark Chocolate Polyphenols: From Biology to Clinical Applications*. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5465250/>. Accessed on Jan. 22, 2022.

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