

Did You Know?

Interesting facts for all us chocaholics (or anyone who lives with one!)

- Chocolate can be called a superfood, as long as it has a cocoa content of 60% or more
- Dark chocolate is full of antioxidants and can lower blood pressure. The darker it is, the lower the fat and sugar content too, so it can be good if you're watching your weight!
- Chocolate can help you live longer. It contains flavonoids, which thin the blood preventing clotting and protecting against heart disease and cancer. Researchers in the US have done experiments that showed that if you eat chocolate three times a month, you could add up to a year to your life! Dark chocolate also contains iron, magnesium and phosphorus.
- Chocolate is an aphrodisiac! It contains phenylethylamine, which is released naturally in the human body when we're in love. It also contains dopamine which is a natural painkiller, and serotonin which produces feelings of pleasure.
- The melting point of chocolate is slightly below our body temperature, and this is why it gives a pleasurable sensation when it melts in the mouth.

