

Dark chocolate is best consumed in moderation

Cocoa is the dominant ingredient in dark chocolate and cocoa elevates both dopamine and serotonin which is huge when dealing with cravings. If your dopamine and serotonin levels are low you will crave sugar, alcohol, sweet/starchy breads. You'll sleep less (which inhibits fat loss) and feel depressed which makes you want to self-medicate even more with sugar and alcohol.

The flavonoids in dark chocolate are responsible for its many potential health benefits, which include:

Decrease LDL cholesterol: Eating dark chocolate may help reduce your LDL or “bad” cholesterol levels thanks to its high antioxidant content. Dark chocolate also contains stearic acid and oleic acid, two types of fat that don't raise cholesterol.

Lower blood pressure: In numerous studies, those with hypertension who ate dark chocolate found that their blood pressure was reduced after having the chocolate for just a week or two.

Increased blood flow: The antioxidants in dark chocolate also help increase blood flow in the arteries and the heart. Dark chocolate can also reduce the risk of blood clots. Cocoa and dark chocolate have a wide variety of powerful antioxidants, way more than most other foods.

Improved mood: Dark chocolate can give you a boost of serotonin and endorphins that makes you feel happy and calm.

Improved cognitive performance: In one study, elderly individuals who regularly ate dark chocolate were found to have better cognitive performance than those who didn't.

Healthy minerals: It contains a decent amount of soluble fiber and is loaded with minerals.

A 100 gram bar of dark chocolate with 70-85% cocoa contains:

- 11 grams of fiber.
- 67% of the RDA for Iron.
- 58% of the RDA for Magnesium.
- 89% of the RDA for Copper.
- 98% of the RDA for Manganese.
- It also has plenty of potassium, phosphorus, zinc and selenium.

These benefits are great to hear about, but they don't really affect weight loss. Fortunately, there are two ways in which dark chocolate can help you drop a few pounds:

1. **MUFAs:** The term “MUFAs” stands for monounsaturated fatty acids, which help to speed up your metabolism so you can burn calories and fat faster. Dark chocolate contains a lot of MUFAs, which makes them a good choice for healthy weight loss.
2. **Curbing appetite:** Dark chocolate has also been shown to curb cravings for salty, sweet or fatty snacks.