

PREVENTION®

**CHOCOLATE'S
SECRET POWER**
WHY YOU NEED IT

**SAVE KIDS
FROM THIS
INVISIBLE KILLER**

**3 THE
FOOD RULE**
FOR SUPER-EASY
WEIGHT LOSS

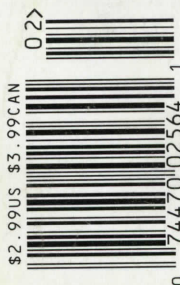
**STOP
YOUR
WORST
PAIN**

**WHAT
HAPPY
PEOPLE
KNOW**

**FLATTEN
YOUR BELLY**
WITHOUT
CRUNCHES

**5 NATURAL BRAIN
BOOSTERS**

www.prevention.com



FEB 03



An ounce of chocolate is this thick (below) and this wide (right).



How does your chocolate measure up? If it fits here, it's an ounce.

Does this mean you should run to the supermarket and load your cart with Kit Kats and Milky Ways for "medicinal purposes"? You know better than that. "It's okay to eat *dark* chocolate in small amounts, as long as you eat an otherwise healthy diet and can afford the calories," Dr. Kris-Etherton says. "Try eating it with nuts or fruit for more good fats and even more antioxidants."

But don't use chocolate as a stand-in for fat-free fruits and veggies. It just doesn't work that way. An ounce of dark chocolate can contain a whopping 11 g of fat, so you have to compromise elsewhere in your diet to make room for the calories. But if you eat your 1-oz piece of chocolate slowly and mindfully, it should satisfy your most serious chocolate cravings, which can help you stick to a healthy eating plan.

Another tip: Think *real* cocoa. Joe Vinson, PhD, professor of

chemistry at the University of Scranton in Pennsylvania, has found that pure cocoa powder (not the instant hot chocolate type) has the most antioxidants, followed by dark chocolate, then milk chocolate. (For a delicious chocolate treat, check out our "Triple Dark Chocolate Mousse Pie" on p. 162.)

Contributing Editor Linda Rao was delighted to learn that chocolate is actually healthy.

Did you know that 57 Nestlé's semisweet morsels equal 1 oz?

Chocolate Versus Other Antioxidants

Food	Catechins & Epicatechins (mg)
Dove Dark chocolate, 1.3 oz	41
Dark chocolate, 1.3 oz	20
Red wine, 4 oz	16
Apple, small (raw with skin)	9
Black tea, 6 oz	5



Get a Taste of the World through Chocolate!

Buying rich, delicious chocolate from all over the world has never been easier. Here are three of our favorite Web sites. You can access them at www.prevention.com/links.

Chocosphere

5200 S.E. Harney Dr., Portland, OR 97206

Toll-free (877) 992-4626

Chocosphere offers luxury chocolates from all over the world, including these:

- > El Rey Gran Saman, 70% cocoa from the Carenero region of Venezuela. Rich, intensely flavored dark chocolate. About \$2.50 per 2.8-oz bar.
- > Valrhona Gran Couva, 64% cocoa from a single plantation in Trinidad. Delicious bittersweet chocolate. About \$3.99 per 2.6-oz bar.
- > Michel Cluizel Noir Infini, 99% cocoa. This superdark chocolate has only a tiny amount of sugar. For serious dark chocolate connoisseurs only. About \$1.95 per 1-oz bar.

Chocosphere is a telephone- and Internet-only chocolate shop. Shipping rates (US only) are available on their Web site.

Lake Champlain Chocolates

750 Pine St., Burlington, VT 05401

(800) 465-5909

Lake Champlain Chocolates offers beautiful chocolates and truffles. One of our favorites is the Signature Bar, a smooth, creamy dark Belgian chocolate made from 54% cocoa. Three-ounce bars in 12-packs (2.25 lb) sold online and by catalog, \$27 (US shipping only). Individual bars sold in select natural foods supermarkets, \$2.25 per 3-oz bar.

Scharffen Berger Chocolate Maker

914 Heinz Ave., Berkeley, CA 94710

(800) 930-4528

We tried their rich and flavorful Bittersweet chocolate, made from 70% cocoa from Central and South America, Indonesia, West Africa, and the Caribbean. Bittersweet, Nibby, Mocha, and Semisweet chocolates are available in 1-oz bars. An 8-pack sampler of 1-oz bars is \$16. •

Practice eating luscious dark chocolate very, very slowly. Yum!

