

The “Mystery” of Chocolate

As Valentine’s Day is approaching, it is natural for us to think of chocolate. However, overconsumption of chocolate, which is high in fat and sugar, will lead to obesity. On the other hand, some studies also show that chocolate is beneficial to our cardiovascular health. So, what is the smart choice to make?



Frequent consumption of chocolate could be a health hazard

Although cocoa, from which chocolate is made, contains an antioxidant called “flavonoids” that might protect our cells and cardiovascular system, it doesn’t mean that we could eat as much chocolate as we can regardless of the healthy eating principles. Chocolate is high in fat and sugar, and overconsumption will increase the risks of obesity and chronic diseases. Therefore, don’t eat too much chocolate on the excuse of the antioxidant!



Beware of the trap of dark chocolate

Many believe that dark chocolate is healthier than other types of chocolates, but this is only partly true. Compared with other types of chocolate, dark chocolate does contain less sugar and more cocoa, and thus has a higher antioxidant capacity. However, the more cocoa a piece of dark chocolate contains, the higher fat and energy content it has (See the table below). As a result, no matter which type of chocolate you choose, overconsumption would still lead to obesity.

Only as titbits

As chocolate is high in fat and sugar, it should only be enjoyed as titbits. When looking for a Valentine’s Day gift, consider chocolate in small packages. After all, the meaning of the festival does not lie in chocolate itself – the best gift is to cherish the health of each other!

Type of chocolate	Energy (kcal)
White chocolate	532
Milk chocolate	535
Dark chocolate (45-59% cacao solids)	546
Dark chocolate (60-69% cacao solids)	579
Dark chocolate (70-85% cacao solids)	598
Per 100g Source: Centre for Food Safety	