

## Dark and white chocolate

**Author: Railean Elena**  
**Ling. cons.: L. Plămădeală**

*The article is an information about chocolate which has become one of the most popular flavours in the world. It is a common ingredient in many snacks and desserts, including cookies, cakes, pies and candies.*

Several types of chocolate can be distinguished: pure, sweet, unsweetened, milk, white, dark chocolate etc. Which is better, dark chocolate or white chocolate? [1]

Nutritionally speaking, white chocolate is a new comer that has been promoted for the benefits of its higher content of milk. However, this type of chocolate is not exactly what a chocolate should be. The healthiest option among all varieties, is dark chocolate with cacao content 70% and higher.

When selecting chocolate, the darker it is, the less sugar it contains and the better it is for you. Eating black chocolate, or chocolate products with sweeteners, is considered less addictive and more healthy than milk chocolate, white chocolate, or any other high-calorie chocolate product [2].

How much chocolate is enough to feel its benefits? Four pieces make a daily supply of a quality chocolate can provide. There is no reason not to eat chocolate. Chocolate has such a quality to be tempting and difficult to resist to, that it can lead you to make a sin, like going off a diet or hiding it from others, for example.

Forgive yourself if you are one of those who can't stop eating chocolate. Just enjoy your time and realize how blessed you are for being able to understand and love this gift of nature.

Chocolate is not just the food we share our stress or problems with and that makes us feel much better and energized after consumption. It is also full with antioxidants that are known to fight free radicals and slower our aging process. That is just the beginning of the chocolate healthy list. According to some studies,

chocolate with 70% cacao is enriched with such vitamins as A, B1, C, D and E along with iron, calcium, potassium, magnesium and some minerals. Cacao can help lower cholesterol levels and boost flow reducing hypertension. Chocolate is a good source of energy without making our stomach feel overloaded. That is why it is so popular among people who are go in for sport. Chocolate can also help to concentrate and improve memory. Students would really appreciate this fact [3].

A very important point is the selection of chocolate. In general, there is a strong correlation between quality and price. Selecting chocolate should primarily be a sensory experienced. Before you taste the chocolate, look at it closely. You want chocolate that has a glossy surface and is free from blemishes. Next, break the chocolate in pieces. You want a chocolate with a clean, hard “snap” to it. Good chocolate will smell strongly of chocolate. Rub your fingers over the surface to warm the chocolate, and then smell the bar. Finally, taste the chocolate. Pay attention to the way it melts in your mouth: a smooth, velvety mouth feel is preferred [4].

The top 5 reasons to eat healthy chocolate:

- Loaded with antioxidants that fight free radicals
- Is natural perfect anti-aging food
- Improves sleeping and sense of well-being
- Helps control appetite and can aid in weight loss
- Helps providing natural energy

When it comes to the World’s Finest Chocolate, apples have been left behind, substituting with chocolates and paraphrasing the proverb: “ *A Dark Chocolate a Day Keeps the Doctor Away*”.

### **Bibliography:**

1. Michel D. Coe, *The true history of chocolate*, 2000, p.1.
2. Aranda N., *Nutritional difference between dark and white chocolate*, 2002, p.3.
3. Milukh L., *Chocolates benefits for pleasure*, 2007, p.1.
4. DeNoon Daniel J., *Dark chocolate is healthy chocolate*, 2008, p.1.