

# Wei of Chocolate



*1-2 pieces per day  
make a difference.*

## HEALTH BENEFITS OF CHOCOLATE

| WHICH ONES WOULD YOU APPRECIATE?  | WHERE       | WHEN |
|---|-------------|------|
| Eating chocolate every day for 3 months <b>improved skin quality by 12% &amp; reduced depth &amp; width of wrinkles.</b>                  | Switzerland | 2008 |
| <b>People who ate dark chocolate ate 15% fewer calories at their next meal</b> than those who ate milk chocolate.                         | Denmark     | 2008 |
| Eating chocolate everyday for two weeks <b>reduced levels of stress hormones</b> in people feeling highly stressed.                       | US          | 2009 |
| People who ate 5 pieces or more a week had <b>57% less heart disease</b> than those who didn't eat chocolate.                             | Harvard, US | 2010 |
| Eating chocolate 2x/week yielded <b>31% reduction</b> in risk of <b>diabetes</b>  | UK          | 2011 |
| Dark chocolate <b>significantly reduces high blood pressure.</b>  | Australia   | 2010 |
| People who ate chocolate 2x or more per week had <b>3x the survival rate after a heart attack</b> as those who didn't                     | Sweden      | 2009 |
| Eating dark chocolate regularly <b>cut the risk of stroke by 48%.</b>   | Europe      | 2010 |
| Women who ate the most chocolate during the last trimester of pregnancy had <b>69% less preeclampsia</b>                                  | Yale, US    | 2008 |
| Women who ate the chocolate during pregnancy had <b>babies that were happier, laughed more &amp; were less fearful</b> in new situations. | Finland     | 2004 |
| <b>Diabetics given dark chocolate reduced their cholesterol</b> , without affecting blood sugar or weight.                                | UK          | 2010 |
| Cocoa without milk linked to reduced inflammation; implications for <b>wrinkling, auto-immune diseases, arthritis</b>                     | Spain       | 2011 |