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The Good-for-You Chocolate Guide

Some headlines are too good to be true. But as SF Bay-based weight loss, hormone, and women's health expert [Dr. Sara Gottfried](#) (her new book, *Younger*, is out this month) verifies: Chocolate *is* good for you. The health benefits of dark chocolate are widely varied and impressive; it's loaded with an extremely high concentration of free-radical-fighting antioxidants, plus B vitamins, minerals like magnesium and calcium, and more. Dark chocolate (the higher the cacao percentage the better) has been shown to lower levels of the stress hormone cortisol, raise serotonin levels, improve cardiovascular health and brain function, lower inflammation...the list goes on.

What's the caveat? As with any food, quality matters when it comes to health benefits: Where you get your chocolate from, how it was made, what other ingredients (if any) were added to it—all of it matters. Which is why, here, we've rounded up not just the best but the healthiest chocolate (much of it part of a growing bean-to-bar movement); caught up on the newest research with Gottfried; talked with top-notch, SF-based indie chocolate maker, [Dandelion Chocolate](#); and added our favorite at-home chocolate making kit. In essence, it's all good news: Chocolate bars and beans that taste incredible while being incredibly good for you, too.

— The Good-for-You Chocolate Round-Up —

Masonis and Dandelion and co. believe there is no substitute for doing your homework on chocolate, checking your chocolate maker's sourcing practices, ingredient quality, and so on. Since it might take some practice before you're genuinely enjoying 99% bars, we've done our homework: Here, a list of our favorite healthy options for every type of palate, complete with all-star recs from Masonis and Gottfried.

10 TRUFFLES & ROCKS, HNINA: Gottfried buys the truffle “rocks” and “boulders” from [Hnina](#) as hostess gifts (and as a personal treat). See the macadamia-pistachio creation made with organic unrefined maple syrup and raw unpasteurized honey.

Dr. Sara Gottfried, M.D. is the New York Times bestselling author of [The Hormone Cure](#) and [The Hormone Reset Diet](#), and the forthcoming book [Younger](#) (out March 2017).
