

Healthy Living Focus World Chocolate Day



Hello, and welcome to the healthy living focus. In this edition we are talking about all things chocolate! It is world chocolate day on the 7th of July, so we will take a look at the health benefits of dark chocolate, tips to enjoy chocolate in moderation, and ways to incorporate the sweet treat into our healthy lifestyles.

Chocolate Trivia

- Chocolate has been around for 5000 years.
- Some of our most popular chocolate bars are over 100 years old.
- In the 1930's, a box of chocolate cost as much as a week's rent!
- 400 cocoa beans are needed to make 450 grams of chocolate!

Choose quality dark chocolate

Dark chocolate with 70% or higher cocoa content provides the most health benefits. The higher the cocoa content, the lower the sugar!

All chocolate contains sugar, but in small amounts it can still be enjoyed as part of a healthy diet.

7 Proven Health Benefits of Dark Chocolate

1. A small amount of quality dark chocolate is rich in fiber, iron, magnesium, copper and other minerals.
2. It is a powerful source of antioxidants
3. It may improve blood flow and lower blood pressure
5. It may reduce heart disease risk
6. It may protect your skin from the sun
7. It could improve brain function

Tips for eating in moderation

Break off one or two squares of your chocolate bar, and put the rest away for later to save any temptation.

Enjoy a square or two after a good healthy meal for that sweet fix, without the feeling of hunger leaving you wanting more

Break a bar in half and share with a friend.

Healthy Living Goal

Why not swap your usual chocolate bar for a little dark chocolate treat, enjoying it melted over summer strawberries?

Enjoying chocolate the healthier way

- ✓ Melt two dark chocolate squares, and drizzle over strawberries or melon.
- ✓ Shave or grate a small bar over granola and yoghurt.
- ✓ Enjoy a low calorie hot chocolate for a tasty treat.



Visit <https://draxe.com/nutrition/benefits-of-dark-chocolate/> for further information on the health benefits of dark chocolate.

RECIPE OF THE WEEK

Chocolate Covered Strawberries



Ingredients (serves 4)

400g punnet
strawberries

100g bar good quality
dark chocolate (70%
cocoa solids)

Method

1. Rinse the strawberries and allow to dry.
2. Line a baking tray with baking paper.
3. Break the chocolate into squares and place into a microwavable bowl, microwave on a low heat for 10 seconds at a time until melted.
4. Holding each strawberry by the stem, either dip it into the bowl of chocolate. Or use a teaspoon to drizzle over a little of the melted chocolate.
5. Place each strawberry onto the tray, and refrigerate for 60 minutes.

Healthy Living Tips

July is the perfect time for buying strawberries! Enjoy them served with yoghurt and granola, or a little light squirty cream for a tasty pudding.

Meet our Healthy Living Coordinator, Claire. Who is responsible for our newsletter and healthy living project.

If you have any queries, would like to suggest a feature for our future newsletters, or would like support and advice around issues raised here, please contact Claire at healthyliving@nortonhousingandsupport.org.uk

