

World Chocolate Day



DARK CHOCOLATE

- Dark chocolate contains little to no milk
- Any chocolate that has more than 35% of cocoa solids is dark chocolate
- Dark chocolate is the healthiest of three main types of chocolate

MILK CHOCOLATE

- Milk chocolate is the most popular type of chocolate
- Milk or milk powder, cocoa solids, cocoa butter, sugar, and vanilla flavoring make up milk chocolate
- Milk chocolate used to only exist as a beverage.



WHITE CHOCOLATE



- White chocolate is the sweetest of the three types of chocolate
- There are no cocoa solids in white chocolate
- White chocolate does not provide the health benefits of other chocolates, specifically dark chocolate, because there it does not have any cocoa solids