

CHOCOLATE FACT SHEET

Chocolate is made from **cocoa solids**, milk and sugar in varying amounts. The more milk and sugar added means fast acting carbohydrates which will raise blood glucose very fast. Cocoa solids are processed from the cocoa bean. The cocoa bean contains substances called 'polyphenols' which contain antioxidants and can help protect against heart disease and lower cholesterol. Cocoa solids also contain the mineral magnesium which may help prevent heart disease.

Cocoa solids on their own contain no added sugar and contain some fibre which means the carbohydrates present should not raise blood glucose as fast.

Therefore, small amounts of dark chocolate with a high cocoa solid content help to manage blood glucose levels better than milk or white chocolate.

Table for dark chocolate per 100g and by their % cocoa solids

| BRAND | CARBOHYDRATE | ADDED SUGAR |
|--------------------------------------|---------------------|--------------------|
| Dr Oetker Cocoa Powder | 8.9g | 0.9g |
| Cadbury Bournville Cocoa Powder | 14g | 2g |
| Green & Black's Cocoa Powder | 19g | 0g |
| Lindt 99% Excellence | 8g | 1g |
| Divine 95% | 11g | 4g |
| Lindt 90% Excellence | 14g | 7g |
| Lindt 85% Excellence | 19g | 11g |
| Green & Black's 85% | 24g | 14g |
| Moser Roth 85% (ALDI) | 18g | 14g |
| Tesco Intense 85% | 22g | 15g |
| Co-op 85% Truly Irresistable | 25g | 15g |
| LIDL 81% | 23g | 16g |
| Sainsbury's 76% Taste the Difference | 25g | 19g |
| Lindt 70% | 34g | 29g |
| Green & Black's 70% | 36g | 29g |
| Tesco Dark Chocolate 54% | 49g | 44g |
| ASDA Basics Dark 50% | 55g | 45g |
| Morrisons 50% | 56g | 49g |
| Sainsbury's Basics 44% | 56g | 53g |
| Cadbury's Bournville 36% | 60g | 58g |

As you can see, the higher the cocoa solids, the lower the carbohydrates and added sugar so it's best to opt for that. Dark chocolate is much richer so smaller amounts should satisfy that chocolate craving, ensuring your blood glucose does not rise too much.

Remember - always carb count your portion using the label from the packet. If the % solids are not on the front of the packaging, they should be listed on the back.