

High Quality Chocolate

Dark chocolate wins over milk chocolate due to a higher proportion of flavanols which provide a host of health benefits.¹

The higher the cocoa percentage the more flavanols so pay attention to the percentage marked on the label.¹

Check your label!

The amount of flavanols can also be impacted by the way the chocolate is processed from the raw cocoa bean. If the label reads “processed with alkali” then there will be a lot less flavanols. Avoid these chocolates.¹

Healthy Dark Chocolate Brands:

- Pascha - non-GMO, fair trade, organic, no soy lecithin¹
- Sweetriot - Organic, Fair trade^{1,2}
- Alter Eco - Organic, Fair trade^{1,2}
- Ghirardelli Intense Dark - Available in bars or small squares¹
- Godiva - Not processed with alkali¹
- Lindt - Some bars are processed with alkali but not all; check your labels¹
- Green & Blacks - Organic, non-GMO, some includes soy lecithin; check your labels¹
- Valrhona¹
- Moser Roth¹
- Endangered Species¹
- Chocolove - Fair trade¹
- Taza - Organic^{1,2}
- Vivani - Organic¹
- Giddy Yoyo - Raw, Organic¹
- Theo - Organic, Fair trade, Non-GMO^{1,2}
- Scharffen Berger¹
- Equal Exchange - Organic, Fair trade²
- Good Cacao - includes a line of supplement enhanced chocolates for an extra boost²
- Dandelion Chocolate²
- Righteously Raw - Raw processing²
- Sacred Chocolate - Raw, Organic²

1. <https://healthyeater.com/dark-chocolate-best-and-worst>

2. <http://www.livestrong.com/slideshow/1011272-12-clean-dark-chocolate-bars/>