



## The Benefits of Dark Chocolate – The Beauty Inside

Mar 21, 2019

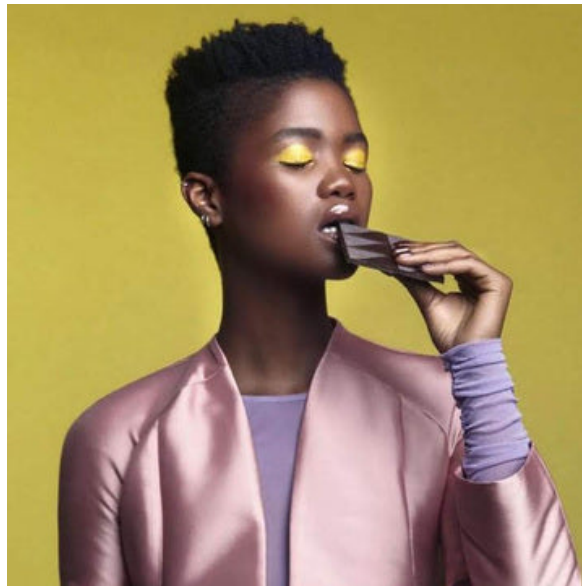
[f Share](#)[t Tweet](#)[g+ Add](#)

Image from: [@colemagazine](#) | All Black Everything Issue

There's something so sexy and sultry about a dark chocolate woman. Maybe she's turning heads while dressed in fluorescent colors. Or, maybe we're mesmerized by her spicy bronze or gold lips. We can spot her from across any room, and we admire her confidence.

But in order to keep that dark chocolate skin smooth and creamy, we have to be mindful of what goes into our bodies.

Quiet as it's kept, healthy eating is not always about salads and veggie smoothie drinks. (We're not knocking those though because they're certainly good for digestion,



[Lactose malabsorption](#) (you may recognize this as “lactose intolerance”) is pretty common among melanin-rich folks like us. [Approximately 75 percent](#) of African-Americans do not get along well with dairy products and need alternatives. Unlike milk chocolate, solid dark chocolate generally has no milk products. Dark chocolate has 50-90 percent cocoa solids, cocoa butter and sugar. ([Milk chocolate](#), on the other hand, has 10-50 percent cocoa solids, cocoa butter, sugar and milk.) Milk chocolate may taste oh so good but feel oh so bad. Dark chocolate treats your body well and tastes delicious, too. Keep in mind, though, that our ZaaBox treats may sometimes have glorious fillings that are made with dairy, like cream cheese, so they aren't always 100% dairy-free.

### **Enjoy the Sugar for Less**

While we may not like the bittersweet taste of cacao (the raw form of chocolate), it's no surprise that cocoa (the heated version of cacao) is a hit. Milk chocolate and dark chocolate both come with a heavy dose of calories, but dark chocolate only has [half as much sugar](#). So if you want to wind down after work with a few extra sweet treats, why not make them a wee bit healthier? (And if you're down to try cacao, we recommend a smoothie of ice, bananas and almond milk in a big wine glass. The bananas bring out the sweetness that cacao is missing, and it tastes like an ice cold glass of chocolate milk.)

### **Having a Heart-to-Heart With Dark Chocolate**

The verdict is still out on whether dark chocolate lowers the risk of heart disease and insulin levels. ([Almonds](#), in this study, hit the jackpot though. So if you want to snack on a moderate amount of dark chocolate-covered almonds, this is the best of both worlds.) If nuts aren't your thing (or you're allergic), the good news is dark chocolate doesn't increase cholesterol either. So if you want to snack on a moderate amount of dark chocolate-covered almonds to get the healthy perks and satisfy your sweet tooth, this is the best of both worlds.

As far as we're concerned, dark chocolate makes everything better anyway. Don't you agree?