



# Fitting Chocolate into Your Diet

## Chocolate: The Facts

Chocolate, a product of the tropical cacao tree, is a cholesterol free food in its natural form. Eating small portions of chocolate or cocoa regularly can provide a variety of health benefits.

## Types of Chocolate

Health Benefits	White	Milk	Dark	Cocoa
Natural Source of Antioxidants		X	X	X
Improved Blood Flow			X	X
Provides Essential Nutrients	X	X	X	X



## Recipe: Deep Dark Mousse

### Ingredients:

- 1/4 cup sugar
- 1 teaspoon unflavored gelatin
- 1/2 cup milk
- 1 cup **HERSHEY'S SPECIAL DARK Chocolate Chips**
- 2 teaspoons vanilla extract
- 1 cup cold whipping cream

**Directions:** Stir together sugar and gelatin in small saucepan; stir in milk. Let stand two minutes to soften gelatin. Cook over medium heat, stirring constantly, until mixture just begins to boil. Remove from heat. Immediately add chocolate chips; stir until melted. Stir in vanilla, cool to room temperature. Beat whipping cream in small bowl until stiff. Gradually add chocolate mixture, folding gently just until blended. Refrigerate and serve!

Makes 4-6 servings

(Courtesy of [www.hersheys.com](http://www.hersheys.com))

## Daily Dose

- Be creative! Combine chocolate and cocoa with other foods for additional nutrients and flavors.
- Monitor your intake! Make sure to pay attention to the portion size of your favorite treat.
- Balance your chocolate treats with physical activity to maintain a healthy weight.



## Sweet Treats

### HERSHEY'S 100 Calorie Treats

REESE'S 100 Calorie Wafer Bars

HERSHEY'S 100 Calorie Pretzel Bars

HERSHEY'S 100 Calorie Wafer Bars

HERSHEY'S 100 Calorie Dark Chocolate Bars

### HERSHEY'S SUGAR FREE

### Products (30-80 kcal/piece)

HERSHEY'S SUGAR FREE Chocolate Candy

HERSHEY'S SUGAR FREE Chocolate Candy With Almonds

HERSHEY'S SUGAR FREE Dark Chocolate Candy

REESE'S SUGAR FREE Peanut Butter Cups

YORK SUGAR FREE Peppermint Pattie

### Other Great Treats

A miniature or snack size candy bar

2-3 tasting squares of HERSHEY'S EXTRA DARK Dark Chocolate

Fondue (1 oz.)

Chocolate covered almonds, macadamia nuts, or pretzels

Hot Cocoa (made with low fat milk)

Mocha (made with low fat milk)