The rumors are true: **Chocolate CAN be good for you!** Just like other components of a healthy diet, dark chocolate specifically, in moderate amounts, is an ingredient that interacts with hormones to benefit the body. Dark chocolate contains at least 50% cocoa, and differs from milk and white chocolate in that it contains less sugar.

Visit hormone.org for more information.

HEALTH BENEFITS OF **chocolate**

**SQUASH STRESS**
Compounds in chocolate react with the body to reduce the excretion of stress hormones.

**FEEL FULL**
Stearic acid in cocoa helps slow digestion and suppress appetite.

**LOWER A1C**
DARK chocolate is low on the glycemic index and can even help safely stabilize blood sugar levels.

**BOOST HAPPINESS**
Chocolate contains anandamide, a neurotransmitter that elevates mood.

**HEALTHIER HEART**
Antioxidant flavanols in DARK chocolate trigger better blood flow and less cholesterol build-up.
Women may experience cravings due to fluctuating hormone levels during their menstrual cycle. Cravings can be sparked by:

- mood swings
- irritability
- shakiness
- fatigue between meals (due to low blood sugar and serotonin levels that occur 7-10 days prior to menstruation)

Even after eating chocolate, your cravings may continue. That’s because of temporary serotonin increases that occur, making you want to repeat the good feelings.

**RECOMMENDED SERVING:**

two small squares of dark chocolate (1 oz) per day

**NOTE:** Even dark chocolate contains calories, fats, and sugars, so consumption may not be appropriate for every individual.

You have questions. We have answers.
The Hormone Health Network is your trusted source for endocrine patient education. Our free, online resources are available at hormone.org.