



Although your choice in chocolate bars can't change the world, and should not replace other healthy foods, it can be a healthy treat if you choose wisely. Refer the following cheat sheet before your next trip to the chocolate shop:

**Good for Your Health**

"70% Dark Chocolate"  
Cocoa butter  
Cocoa liquor  
Sugar or cane juice  
Dairy-free Milk  
Cocoa powder  
Thick, tight wrapper  
Glossy, dark or smooth texture  
Organic

**Leave it on the Shelf**

"Milk chocolate"  
Partially hydrogenated oil  
Natural or artificial color  
Corn syrup  
milk fat, or lactose  
Dutch processed or Alkalized  
Thin wrapper or exposed to light  
Blotchy, streaky or rough texture  
Conventional (no distinction)

**To your health! Anima Sana in Corpore Sano (a healthy mind in a healthy body)**  
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