

## APRIL- CHOCOLATE FACTS

When it comes to Easter, it is common to see different sizes, shapes and types of chocolate decorated in colorful wrappings everywhere in supermarkets, which always make people think that it is time to have some chocolate. Nowadays, chocolate is not just a pack of pure chocolate, but a wide variety of different flavors, fillings, and even cocoa concentrations. While choosing chocolate, what will you consider? Will you think that ‘milk chocolate is fatter’, and instead pick the dark ones? Or will you believe that ‘dark chocolate is not sweet at all’ and then go for having a couple more? Let’s get to know more chocolate facts!

The difference between dark chocolate and white chocolate is the ratio of cocoa to sugar. The darker the chocolate, the higher the percentage of cocoa and the less the sugar used. This is why dark chocolate is bitter. However for white chocolate, it is mainly composed of milk and sugar, but does not contain any cocoa, so it is always sweet.

Although dark chocolate is bitter and white chocolate is sweet, this does not mean that dark chocolate is healthier or has fewer calories. Since cocoa is high in fat, the darker the chocolate, the higher the calories. Comparing with white chocolate, 1g of fat provides 9kcal while 1g of sugar gives 4kcal, making dark chocolate in fact higher in calories. Therefore, no matter whether it is dark chocolate with 50%, 70%, 80% or 90% cocoa or white chocolate, overeating leads to weight gain!!!

Comparison of calorie, fat and sugar content in different types of chocolate (\*In 100g)

	Calorie (Kcal)	Fat (g)	Sugar (g)
70-85% chocolate	598	42.6	24.0
60-69% chocolate	579	38.3	36.7
45-59% chocolate	546	31.3	47.9
White chocolate	532	33.2	54.6



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