

## Chocolate's antioxidant content? <sup>[1]</sup>

Dear Alice,

Does chocolate have antioxidants?

### Answer

Dear Reader,

Chocoholics of the world rejoice; there's another reason to be cuckoo for cocoa. In addition to satisfying your sweet tooth, chocolate also contains flavonoids ? a type of antioxidant with several health benefits.

However, all chocolate is not created equal. To get the most antioxidant bang for your bite, choose plain, dark chocolate. Most chocolate found in products like candy bars and hot cocoa mix has been processed to reduce the amount flavonoids, which give chocolate its bitter, nutty taste. Many chocolates also have added milk and sugar, which increases the amount of fat and calories per serving. Another downside, milk interferes with the body's ability to absorb flavonoids, working against chocolate's health benefits.

In it's purest form, dark chocolate is a heart-healthy alternative to refined confections. Feel free to indulge once in a while, but remember there are other sweet sources of antioxidants like fruit. For more information about the power of antioxidants, check out [Antioxidants](#) <sup>[2]</sup> in the Go Ask Alice! Archives. Here's to having your chocolate, and staying healthy too!

Alice!

Category:

[Nutrition & Physical Activity](#) <sup>[3]</sup>

[Optimal Nutrition](#) <sup>[4]</sup>

[Food Choices & Health](#) <sup>[5]</sup>

[Nutrients](#) <sup>[6]</sup>

### Related questions

[Chocolate cravings and PMS](#) <sup>[7]</sup>

[Extra vitamin E ? Is it safe?](#) <sup>[8]</sup>

[Chocolate ? Good or bad?](#) <sup>[9]</sup>

[Fruits and vegetables that can protect against cancer](#) <sup>[10]</sup>

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