

# DISCOVERING HEALTHY CHOCOLATE

**Balance - bal·ance - noun :** a means of judging or deciding

We want to make wise choices about where we spend our money. Studies tell us there are baseline conditions needed for best health. In particular when antioxidants are discussed:

- ❖ FDA recommends **at least** 4,000 to 5,000 ORAC per day (Doctors recommend over 10,000).
- ❖ Studies show **at least** 600 to 900mg of flavanoids are needed to provide beneficial effects for health.
- ❖ Think... what are some healthy foods? Broccoli, spinach, tomato are three that come to mind - but now we know chocolate is a vegetable too... and exceedingly healthy!
- ❖ Xocai serving portions exceed the recommended. One serving of XPower Squares (3 pieces) has over 10,000 ORAC and 1,000mg flavanoids.

**SO TO GET THE HEALTHY 10,000 ORAC WOULD YOU RATHER EAT A OR B? OR SHOULD I SAY X OR B?**

*Hints: consider \$ cost, size of stomach, and "What do I like to eat?"*

Three X Power  
Squares



*3/4 pound raw broccoli (19.3x's weight), 1 1/2 pound cooked broccoli*

OR



Three X Power  
Squares



*1.6 pounds raw spinach (39x's weight)*

OR



Three X Power  
Squares



*6 1/2 pounds tomatoes (162x's weight)*

OR



Three X Power  
Squares



*1/2 pound CocoaVia chocolate bars (10x's calories, 13x's sugar)*

OR



