

# JOY OF CHOCOLATE

*This week's theme is Chocolate!*

*Keep up the good work on reporting your weekly physical activity minutes! If you're on a team, don't forget to report your weekly minutes to your team captain.*

Who knew that you could purchase a superfood from the candy aisle? Current research shows that rich dark chocolate can provide many health benefits that one would not otherwise expect!



What is it about chocolate that makes it so beneficial? The secret is **CACAO!** This ingredient provides the distinct taste of dark chocolate. Healthy chemicals such as *flavonoids* and theobromine, provide benefits for immunity, cardiovascular health, skin health and even brain health. To receive such benefits, purchase a dark chocolate bar with **at least 70-percent cocoa** (cacao). The higher the percentage, the closer it is to the bitter bean state, the more health benefits you will receive! Learn more about the benefits of chocolate by [clicking here](#).

Please RSVP for Thursday by [clicking here](#).

## TRIVIA QUESTION

According to recent research done by the [National Institutes of Health](#), regular chocolate eaters frequently have a lower \_\_\_ than those who do not eat chocolate.

- A. Cholesterol level
- B. Blood pressure
- C. BMI
- D. Triglyceride level

Click [here](#) to answer the question by Friday (3/28) & be in the running for a gift from Homegrown Café & Grottos Pizza

**Congratulations for last weeks trivia winner, Pat Young from disaster research! She won an NDB gift card!**

**Congratulations to last weeks Team of the Week, Small and Might. They won a prize for EACH of their team members!**

## CHOCOLATE TRUFFLE BARS

130 CALORIES  
3 GRAMS OF PROTEIN  
15G OF CARBOHYDRATES



CLICK [here](#) FOR THE FULL RECIPE.