

Meet the New "Superfruit"!

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First used in 2005, the term 'Superfruit' refers to

["a fruit which combines exceptional nutrient richness and antioxidant quality."](#)

There is perhaps no more famous 'Superfruit' than [Acai](#) (an ingredient in [my anti-inflammatory shake](#)) and other fruits like [Goji Berry](#).

Now it's time to [meet the new 'Superfruit'!](#) Here are some hints:

- Discovered [2,000 years ago](#)
- It's been shown to [reduce inflammation](#)
- It has [more antioxidants than red wine!](#)
- May [lower your risk of stroke](#) as well as [heart failure](#)
- Can [help lower blood pressure](#) and your risk of heart disease
- Just like green tea, it [stops activity of an enzyme called ACE](#) and [contains an antioxidant called epicatechin](#) to help protect against cardiovascular disease

The new 'Superfruit' is....CHOCOLATE!

Not All Chocolate Is Created Equal!

These wonderful health benefits of chocolate are due **Dark Chocolate**. Chocolate is [classified based on cacao content](#):

- Milk chocolate contains at least 25% cacao
- Dark chocolate contains at least 35% cacao

Be careful! Preservatives artificial flavors can offset the health benefits.



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My Chocolate Recommendation

The hands-down best chocolate bar I have found is [Alter Eco Chocolate](#) as their chocolate is:

- 100% natural with NO artificial flavors or sweeteners, chemical additives or emulsifiers
- [Fair Trade Certified](#) to respect all workers involved in production of the chocolate

It's truly difficult to find a better food than chocolate...either for your taste buds or your heart!

"I owe it all to [little chocolate donuts](#)." - John Belushi

Hope that helps. Best of luck.

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