5 Tips to Use Dark Chocolate for Weight Loss

One of the main benefits of dark chocolate is its claims to help you lose weight. It sounds too good to be true that you can lose weight AND eat chocolate while you’re doing it. However, when done correctly, dark chocolate does have the power to aid in weight loss.

Below, you’ll discover 5 tips to use dark chocolate for weight loss.

1. Choose dark chocolate with a minimum 60% cocoa content

Not all dark chocolates are equal when it comes to weight loss. You’ll find there’s a lot of different cocoa strengths available, often ranging from 50% to over 90%. The general rule to follow in terms of weight loss benefits, is the higher the cocoa content, the more effective it will be.

So, always choose a brand which offers at least 60% cocoa.

2. Ensure it’s made from cocoa butter

Different types of dark chocolate are made with different types of oil. For weight loss benefits, you’ll want to opt for brands made with cocoa butter, rather than palm or coconut oil. The latter two can cause a raise in cholesterol levels, while cocoa butter doesn’t.

Also, ensure it isn’t made from either partial or full hydrogenated oils.

3. Know your limits

While dark chocolate can aid in weight loss, like everything it should be enjoyed in moderation. Eating a full bar once a day isn’t going to help you shed the pounds for example. Instead, according to the University of Michigan, you should be consuming around 1 ounce of dark chocolate a day.

It’s especially well-known for helping to suppress the appetite. So, try to eat your daily ounce right when you’re getting a craving.

4. Choose a good brand

Cheaper brands of dark chocolate can be tempting, but they aren’t always better for the body. They can come packed full of unhealthy added ingredients, so for best results make sure you’re choosing a top-quality brand.

5. Ensure you eat a balanced diet and exercise regularly too

You need to remember that eating dark chocolate on its own isn’t going to help you dramatically lose weight. It’s important to also ensure you’re eating a healthy, balanced diet and exercising regularly. No one food can help you to lose weight so don’t think by eating an ounce of dark chocolate each day you’ll miraculously lose the pounds.

Overall, if you follow the 5 tips above, you’ll soon start to see the benefits of eating a little dark chocolate every day. Not only is it great for weight loss, but it also has awesome benefits for the heart, immune system and your overall wellbeing.