

Cocoa Powder

In a previous issue of “Eat This” I wrote about the benefits of dark chocolate (100 calorie piece, [see article](#),) but how about plain cocoa powder. The nice thing about cocoa powder it has less calories because it does not have added sugar or fat and that you can put into many food items including beverages. It makes sense that it would be healthy. It is rich in polyphenols (polyphenols increase blood flow to brain, can be calming, may reduce stress and elevate mood, reduces inflammation, may decrease diabetes risk, may have anti cancer properties, and improves cholesterol levels), high in flavanols (flavanols decrease blood pressure through increasing nitric oxide, decrease in stroke, and improves heart function), contains anti-asthmatic compounds (theobromine and theophylline), lessened side effects of radiation therapy because of its selenium content, better muscle and nerve function through its magnesium content, and it contains many compounds that have antibacterial, anti-enzymatic and immune-stimulating properties that may contribute to oral health ([see webmed](#)). I am always looking for easy ways to help people eat healthier and this seems to be an easy one if you can get pass a bitter taste.

According to [healthline.com](#) the exact amount of cocoa you should include in your diet to achieve health benefits is not clear. The European Food Safety Authority recommends 0.1 ounces (**2.5 grams ONLY 5 CALORIES**) of high-flavanol cocoa powder or 0.4 ounces (10 grams) of high-flavanol dark chocolate containing at least 200 mg of flavanols per day to achieve heart health benefits. You can put it into your baking, oatmeal, smoothies, or coffee. **When taken by mouth:** Eating cocoa is likely safe for most people. According to WebMD cocoa contains caffeine and related chemicals. Eating large amounts might cause caffeine-related side effects such as nervousness, increased urination, sleeplessness, and a fast heartbeat. Cocoa can cause allergic skin reactions and might also trigger migraine headaches. It can also cause nausea, stomach discomfort, constipation, and gas.



Difference between Cacao and Cocoa Powder.

It is pretty much the same and is labeled with both on the packaging. Use of “cacao” versus “cocoa” on chocolate products is inconsistent. Generally, raw cacao products — made from fermented, dried, unroasted cacao beans — are less processed and healthier. [See more here](#)

Nutrition Facts	
about 45 servings per container	
Serving size 1 tbsp. (5g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Iron 2mg	10%
Calcium 6mg	0%
Potassium 75mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: COCOA. ⓘ