

Medical Edge Radio from Mayo Clinic

Chocolate Cravings

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S TODAY'S MEDICAL EDGE FROM MAYO CLINIC.
	YOU'VE MADE THE CHOICE TO EAT HEALTHY...GREAT! BUT THE CRAVINGS ARE WEARING YOU DOWN. YOU CAN ALMOST TASTE THAT PIECE OF CHOCOLATE. MAYO CLINIC NUTRITION EXPERT, DR. DONALD HENSRUD, SAYS, "GO AHEAD! HAVE A LITTLE PIECE."
Dr. Donald Hensrud	"I DON'T TELL PEOPLE TO SAY WHEN THEY'RE TYRING TO LOSE WEIGHT 'I'M NEVER GOING TO EAT CHOCOLATE AGAIN.' IT'S NOT REALISTIC. PLUS THERE'S SOME HEALTH BENEFITS TO

	CHOCOLATE.”
	AN OUNCE AND A HALF OF CHOCOLATE CONTAINS THE SAME AMOUNT OF THE ANTIOXIDENT PHENOL -WHICH IS GOOD FOR YOUR HEART- AS A GLASS OF RED WINE. DARK CHOCOLATE IS SAID TO CONTAIN FOUR TIMES MORE CATECHINS(CAT-A-KINS) - ANOTHER ANTIOXIDENT- THAN BLACK TEA. BUT THAT DOESN'T MEAN YOU CAN GO ON A CHOCOLATE BINGE.
Dr. Hensrud	“FIND THE BEST PIECE OF CHOCOLATE YOU CAN FIND, HAVE A SMALL AMOUNT, ENJOY IT, AND THEN GET ON WITH THE PROGRAM. “
	SO LET THOSE CRAVINGS WIN OUT OCCASIONALLY. BECAUSE A SMALL AMOUNT OF CHOCOLATE CAN BE PART OF A HEALTHY DIET.
	FOR MORE INFORMATION, TALK TO

	YOUR DOCTOR OR LOG ONTO MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.