

# Food and Fitness

## Health Benefits and Risks of Chocolate

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Chocolate is one of those sweet treats that is enjoyed all over the world. It is made from cocoa beans and other ingredients that can offer some health benefits when eaten in moderation. There



are different types of chocolate, and they can vary in the amounts of cocoa. Those different types affect the taste and their health properties.

Dark chocolate contains the highest number of cocoa solids and has the most health benefits. Dark chocolate contains a range of 50-90% cocoa solids. It is bitter and not sweet. Dark chocolate is lower in sugar and contains no milk or dairy. Dark chocolate contains antioxidants that are called flavonoids. Research suggests that flavonoids can help protect your cells from damage. To go further, it is suggested that they may improve heart health by lowering blood pressure and reducing inflammation. Dark chocolate also contains other minerals like iron, magnesium, and zinc. These minerals are important to the body as well. Dark chocolate also includes semi-sweet and bitter-sweet chocolate.

## Health Benefits and Risks of Chocolate

Milk chocolate contains about 10-40% cocoa solids, cocoa butter, sugar, and milk. It is creamy and sweet. Milk chocolate still contains some antioxidants but since there are fewer cocoa solids, there is less antioxidant than the dark chocolate kinds. Meaning that milk chocolate does not have as many health benefits as dark chocolate.



White chocolate, unlike the other two, contains no cocoa solids at all. It is made from cocoa butter, sugar, and milk. The cocoa butter is the only source of cocoa in this type of chocolate. Unfortunately, the absence of cocoa solids means that this kind of chocolate provides the least amount of health benefits.



Now hearing that chocolate can provide some healthy benefits, there is a saying, “too much of a good thing, isn't always a good thing.” For chocolate, this saying rings true. Chocolate is high in calories, sugar, and fat content. Extra calories can contribute to weight gain. Chocolate also contains caffeine which can lead to the inability to be sleepy. Eating chocolate should defiantly be done in moderation.

Chocolate tastes great and most people tend to lean to one type over the other. If you are in the dark chocolate loving group, at least you like the one type that provides the most health benefits. To get the most benefits from chocolate, choose the dark chocolate ones with at least 70% cocoa solids.

# Types of Chocolate

CHOCOLATE TYPE	KEY ATTRIBUTES	BEST FOR
<b>Unsweetened</b>	100% cocoa; no sugar; often bitter	Baking or tasting a tiny amount
<b>Semisweet/ Bittersweet</b>	35% or higher cocoa; usually contains sugar and milk powder	Baking, making confections like truffles
<b>Dark</b>	Generally 55% or higher cocoa; often bitter; can taste fruity, nutty, earthy, or floral; often contains milk powder	Eating, baking, drinking, and anything else you can imagine!
<b>Milk</b>	15% or higher cocoa; always contains milk powder and extra cocoa butter; tastes creamy, rich, and caramel-y	Eating, baking, drinking, and anything else you can imagine!
<b>White</b>	20% cocoa butter or higher, always contains milk powder; tastes sweet, creamy, neutral	Eating, baking, drinking, and anything else you can imagine!







## Vegetable—Lima Beans

Lima beans are a legume that originated in Peru over 7,000 years ago. They grow on a bush or a vine depending on the variety. The vine varieties can grow to be 12 feet tall and require support to grow. The beans are flat with a green or cream colored bean that have a kidney-like shape inside the pod.

The lima beans, when cooked, are known for their mild buttery flavor. Lima beans are often used in a dish called succotash and combined with corn and other vegetables. Lima beans are cooked all over the world from standing alone, to added in salads, to being incorporated into hearty stews.

As far as nutrition is concerned, lima beans are packed with protein. They also contain minerals like manganese, copper, magnesium, iron, potassium, phosphorus, and zinc. For vitamins, they have thiamin, vitamin B6, vitamin C, choline, riboflavin, and folate. Lima beans are a great choice and are packed with nutrients.

WHAT IS THIS FOOD MADE OF?



68.6%	Water	114.2g
7%	Protein	11.6g
24.1%	Carbs	40.2g
0.3%	Fat	0.54g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



22%	Protein
76%	Carbs
2%	Fat
0%	Alcohol

### Minerals

	— = missing data	%DV
Weight	170g	
Calcium	54.4mg	4%
Iron, Fe	4.2mg	23%
Potassium, K	969mg	21%
Magnesium	125.8mg	30%
Phosphorus, P	221mg	18%
Sodium	28.9mg	1%
Zinc, Zn	1.3mg	12%
Copper, Cu	0.52mg	58%
Manganese	2.1mg	93%
Selenium, Se	3.4mcg	6%
Fluoride, F	--mcg	--%

# Nutrition Facts

## Cooked Lima Beans (Boiled, Drained)

Lima beans, immature seeds, cooked, boiled, drained, without salt

Serving Size:

1 x 1 cup (170g)



## Nutrition Facts

Serving Size

1 cup (170g)

**Calories 209**

% Daily Value \*

Total Fat 0.54g	1%
Saturated Fat 0.12g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 28.9mg	1%
Total Carbohydrate 40.2g	15%
Dietary Fiber 9.2g	33%
Total Sugars 2.8g	6%
Includes --g Added Sugars	--%
Protein 11.6g	23%
Vitamin C 17.2mg	19%
Vitamin D 0mcg	0%
Iron 4.2mg	23%
Calcium 54.4mg	4%
Potassium 969mg	21%
Phosphorus 221mg	18%

\*The % Daily Value (DV) 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.

## Vitamins

	-- = missing data	% DV
Weight	170g	
Vitamin A, RAE	25.5mcg	3%
Vitamin C	17.2mg	19%
Thiamin (B1)	0.24mg	20%
Riboflavin (B2)	0.16mg	13%
Niacin (B3)	1.8mg	11%
Vitamin B5 (PA)	0.44mg	9%
Vitamin B6	0.33mg	19%
Biotin	--mcg	
Folate (B9)	44.2mcg	11%
Folic acid	0mcg	0%
Food Folate	44.2mcg	11%
Folate DFE	44.2mcg	11%
Choline	75mg	14%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	309.4mcg	3%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	515.1IU	
Lycopene	0mcg	
Lut + Zeaxanthin	0mcg	
Vitamin E	0.24mg	2%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	0IU	0%
Vitamin K	10.5mcg	9%

## Recipe—Baked Lima Bean Recipe

### Ingredients

- 2 cups lima beans, dried
- 1 sweet onion, diced
- 2 cloves garlic, finely chopped
- 1-2 tablespoons olive oil
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 pound fresh spinach, chopped
- 1 pound fresh tomatoes, diced
- 1/2 cup fresh parsley, chopped
- 3/4 teaspoons sea salt
- 1/2 teaspoon ground black pepper

*Recipe Received From:* [Baked Lima Bean Recipe \(Gigantes Plaki\) - Veggies Don't Bite](#)



### Instructions

1. Wash and soak the beans in a pot overnight.
2. The next day, drain the beans and add enough fresh water to cover them. Cook over low heat until half tender, about 30 minutes, drain, and save the broth.
3. Preheat oven to 350°F/180°C
4. In a large pot sauté the onions in veggie broth or olive oil for 2-3 minutes until they begin to get translucent.
5. Add the garlic, carrots, celery, spinach and/or Swiss chard and sauté for a couple more minutes.
6. Add beans and mix well.
7. Add tomatoes, salt and pepper and sauté for another minute. Then add parsley and mix well.
8. Add enough reserved broth from the beans to barely cover them. If you don't have enough reserved broth, then use water for the rest (you can also use extra veggie broth).
9. Cook over medium heat for 15 minutes stirring, occasionally. Add more broth if needed. You don't want it to get too dry.
10. Transfer to a 9 x 12 glass baking dish, cover with tin foil and bake for 30 minutes, or until beans are tender and liquid has evaporated.
11. Uncover and bake for an additional 10 minutes.
12. Serve hot!



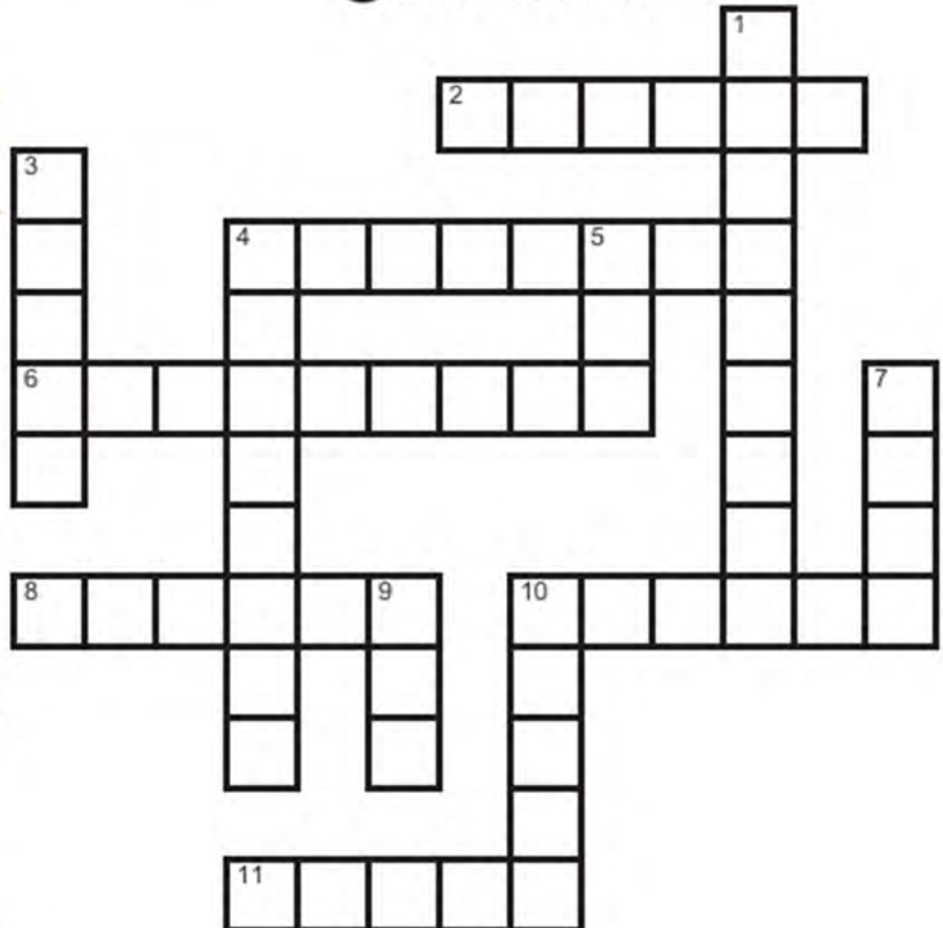
# Brain Exercise

Don't Just Exercise your body, workout your brain!



## HAPPY EASTER

### Crossword



#### ACROSS

2. Container for gathering springtime treasures
4. Trumpet-shaped sunshine on a stem
6. Sweet treat that melts in your mouth
8. Marching celebration down Main Street
10. Fancy hat for a special Sunday
11. Sugary delights that dentists frown upon

#### DOWN

1. Colorful candy oval you might find in a basket
3. Fluffy yellow ball that says "peep"
4. Make things pretty with ribbons and paint
5. Magical liquid that changes plain to colorful

7. Search high and low for hidden surprises

9. Oval treasure often filled with goodies

10. Hopping critter with long ears and cotton tail



# April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>April Fool's Day</i>	2 <i>National Walking Day</i>	3 <i>National Burrito Day</i>	4 <i>Tell a Lie Day</i>	5 <i>Deep Dish Pizza Day</i>
6 <i>Sorry Charlie Day</i>	7 <i>National Coffee Cake Day</i>	8 <i>Draw a Picture of a Bird Day</i>	9 <i>Name Yourself Day</i>	10 <i>National Siblings Day</i>	11 <i>National Pet Day</i>	12 <i>Grilled Cheese Sandwich Day</i>
13 <i>Palm Sunday</i>	14 <i>National Pecan Day</i>	15 <i>Titanic Remembrance Day</i>	16 <i>Eggs Benedict Day</i>	17 <i>National Cheeseball Day</i>	18 <i>Good Friday</i>	19 <i>National Garlic Day</i>
20 <i>Easter Sunday</i>	21 <i>Kindergarten Day</i>	22 <i>National Jelly Bean Day</i>	23 <i>National Picnic Day</i>	24 <i>Pig in a Blanket Day</i>	25 <i>Arbor Day</i>	26 <i>National Pretzel Day</i>
27 <i>National Prime Rib Day</i>	28 <i>Kiss Your Mate Day</i>	29 <i>International Dance Day</i>	30 <i>National Raisin Day</i>			



## MONTHLY OBSERVATIONS

- National Card and Letter Writing Month
- Global Astronomy Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Frog Month
- National Humor Month
- National Kite Month
- Pecan Month
- Poetry Month
- Stress Awareness Month
- Welding Month



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*Best Easter Wishes*



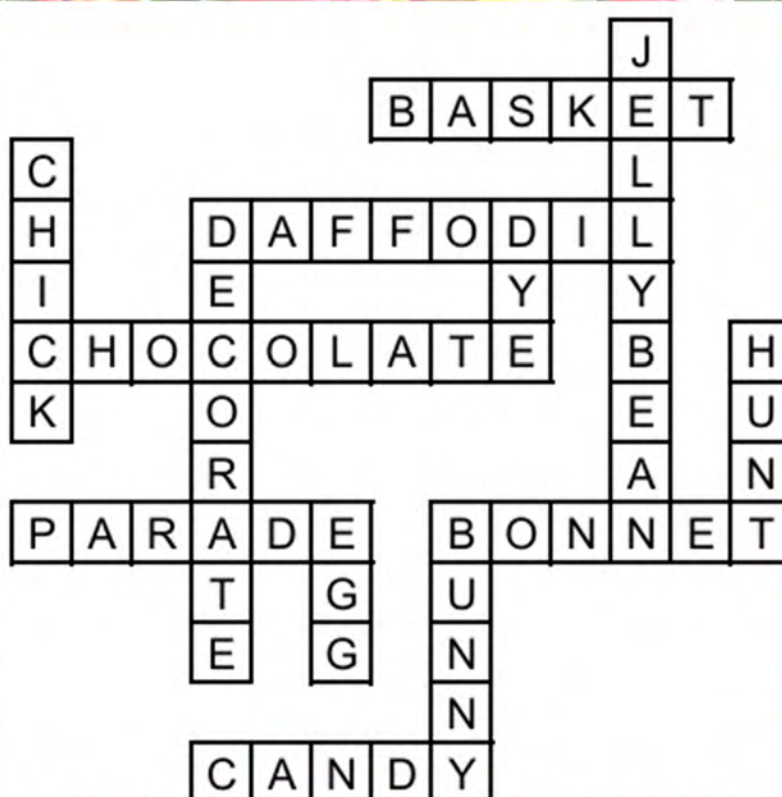
*May the gifts of Easter  
Cause you much delight.*

*And the sun of Easter  
Make your pathway bright.*

# HAPPY EASTER

Crossword

SOLUTION



This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.