

Chocolate Myths and Legends

Posted On Jan 20, Posted by [Hirerussians](#) Category [Chocolate Myths](#)



There are numerous myths and legends about chocolate, many of which have been around since the Mayans cultivated the first cocoa bean. For

instance, is chocolate high in caffeine? Do they cause cavities? Are they bad for your health? With Valentine's Day fast approaching, we know everyone will be eating lots of chocolate (whether it is out of happiness or depression we're not sure.) This blog post is going to address some of the myths about chocolate.

1. Chocolate causes cavities: There is a popular belief that chocolate causes cavities in your teeth. This is not exactly true. Cavities are formed in a somewhat complicated manner. All food is broken down and formed into acid. Some of the acid that remains in your mouth eats away at the enamel on your teeth, forming cavities. Studies have shown that **there are elements in chocolate that actually strengthen**

the enamel on your teeth and thus help prevent against cavities

. In fact, a lot of toothpaste companies have come out with chocolate tooth paste to appeal to a broader range of consumers (chocolate toothpaste sounds great to me.) So although we still recommend you keep brushing your teeth, you'll be doing your teeth a favor by eating a custom chocolate bar from Chocomize!

2. Chocolate contains a lot of caffeine: Another popular myth about chocolate is that it contains high levels of caffeine. **Actually, a normal 1.5 oz chocolate bar contains the same amount of caffeine as a cup of decaf coffee!**

To give you an idea of how much caffeine that is, a cup of decaf usually contains around 5 mg of caffeine while a cup of coffee can contain anywhere from 60-140mg of caffeine. Nick still swears that he can't have chocolate past 5 without staying up all night while Eric sometimes falls asleep with half a bar still in his mouth.

3. Chocolate is an aphrodisiac: This is probably one of the most well known myths about chocolate. A lot of people swear that chocolate is a powerful aphrodisiac. While we here at Chocomize don't want to dispel this legend right before Valentine's Day, there are in fact no studies that back up this popular legend. We're not going to nitpick this one though; we think giving a custom chocolate bar for Valentine's Day is the perfect gift for your special someone on Valentine's Day.

4. Chocolate Causes Acne: We're pretty sure everyone's parent has told them some point in their life that eating too much chocolate is going to give them acne. Numerous studies have shown, however, that chocolate has no effect on acne. In fact, most researchers are pretty sure that diet in general has no effect. Either way we're pretty sure you're mom just wanted to get you to eat your vegetables (or you could eat a healthy ingredient like flax seeds ON your custom chocolate bar itself.)

5. Chocolate contains high levels of saturated fat: Chocolate actually contains a special kind of saturated fat called stearic acid. **Studies have shown that stearic acid does not actually increase fat the same way other typical saturated fat does, and in fact can actually be beneficial!**

We aren't doctors and we haven't done the research ourselves, but Nick, one of our founding members, is a lightweight rower and he still manages to make weight even though he is constantly eating chocolate all day (we're giving everyone a hard time in this blog entry if you haven't noticed.)

6. Chocolate is poisonous to dogs: Whoever told you not to feed chocolate to your dog was actually not kidding! **Chocolate can be toxic to many animals including dogs, cats, parrots, and horses.**

These animals can't process the chemical theobromine and too much chocolate can cause them to die. How much chocolate does a dog have to eat in order for it to be lethal? It only has to be around a pound of regular chocolate for it to be lethal to a dog, but even a small amount can cause a dog to be sick. So make sure that you save the custom chocolate bars for yourself and don't leave them lying around!

We hope this blog post has answered some of your questions regarding chocolate. Our custom chocolate bars make a great gift for Valentine's Day and we hope that by dispelling some of the more discomfoting myths about chocolate you'll be more likely to buy for that special someone!

Tags: Untagged