



Useful nutrition tips from
Natalie Greene, RD

Can chocolate be part of your weight-loss program?

Give in to your craving. A small amount of chocolate may be all you need to feel satisfied.

Go for dark chocolate over milk chocolate. Dark chocolate contains more cancer-fighting antioxidants than milk chocolate.

Combine chocolate with nutrient dense foods. Dip strawberries and bananas in chocolate, or drink some low-fat chocolate milk or soymilk.

Only buy the smallest size chocolate bars. This way you won't eat too much in one sitting!

I love suggestions, so if you would like to submit a topic for a future tip, please email it to me.

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