

[Runners World: Chocolate for Runners](#)

- Chocolate Types:
 - Go For Dark Chocolate (much higher levels of antioxidants)
 - Bump up coco amounts (35% coco is great)
 - Avoid Dutch processed chocolate (the problem is that this has the least amount of antioxidants)
 - Look for coco processed with alkali
 - Passed on added oils (if you see vegetable oil or partially hydrogenated oil)

Take away point: If you are going to eat chocolate, make sure you getting the most antioxidants for your buck.

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