

## Things You Don't Know About Chocolate

By MSM Lifestyle



### Sweet Chocolate Facts | Eat This, Not That!

Sure, chocolate may be your favorite sweet treat. But did you know it used to be used as currency? Nothing beats the smooth and rich taste of a piece of chocolate. Just about everyone around the globe is a fan of chocolate, which is why it's such a huge multi-billion dollar industry. But, there are tons of hidden facts about chocolate that just make it oh-so sweeter. Did you know that dark chocolate is actually at the top of our 30 best Anti-Inflammatory Foods? It's actually been proven in a Louisiana State University study to assist in insulin resistance and inflammation relief.

If you want to learn more about the world's favorite dessert, check out these facts below. Preferably while munching on a dark chocolate bar—dark chocolate is one of our 20 Best Low-Carb Snacks for Weight Loss.

### Chocolate Was a Form of Currency in the Mayan Times

According to Smithsonian.com, cacao beans, which are the beans used to make chocolate, were so sought after during the Mayan and Aztec times that it was used as a form of payment. Research from the publication also states that some people would go as far as making counterfeit beans with clay.

## **Europe Accounts for More Than Half of the World's Chocolate Consumption**

Europeans are the world's truest chocolate lovers. Research from Forbes shows that the largest chocolate-consuming countries are Switzerland, Germany, and Ireland.

## **The World's Biggest Chocolate Bar Weighed Approximately 12,770 Pounds**

The Guinness World Record for the largest chocolate bar in the world was set by Thorntons PLC in the United Kingdom on September 07, 2011, and weighed 5792.50 kg (about 12,770 lbs).

## **The Scientific Name for the Tree that Chocolate Comes From Means 'Food of the Gods'**

Even scientist Linnaeus was a big fan of chocolate. He named the cacao tree "Theobroma cacao," which literally translates to "cacao, food of the Gods" in 1753, according to Cornell University.

## **It Takes About a Year for a Cocoa Tree to Produce Enough Beans to Make 10 Hershey Bars**

There's a lot of work that goes into making a Hershey's chocolate bar. According to the book *And Then God Made Chocolate!* by Sherry-Marie Ferguson, each cacao tree only produces enough beans to make 10 regular-sized Hershey's bars a year.

## **Chocolate Has Over 600 Flavor Compounds**

Chocolate contains over 600 flavor compounds, which give off its distinct aroma, according to the American Chemical Society. In comparison, red wine is reported to only have around 200 flavor compounds.

## **Soldiers During the Revolutionary War Were Sometimes Paid in Chocolate**

During the Revolutionary War, some soldiers were fighting for freedom in exchange for chocolate. According to research done by the chocolate and candy company Mars, International, since chocolate didn't spoil, it was used as a ration during the war.

## **Chocolate Creates a Greater Mental High Than Kissing Does**

According to the BBC, research found that chocolate can actually stimulate your brain and releases more endorphins in the brain than kissing does. It was also shown to increase your heart rate faster than kissing as well. Researchers believe that this is caused by chocolate's concentration of phenylethylamine, a compound that increases endorphin production in the brain.

## **Hershey's Makes 70 Million Kisses a Day**

America's favorite chocolate brand produces millions of those bite-sized chocolates we all love daily. They are all made by machine at Hershey's factory in Hershey, Pennsylvania.

## **Hershey's Kisses got their Name from the Sound the Machine Makes**

If you always wondered where the name of these tiny chocolate treats came from, it has nothing to do with actual kissing. It actually got its name from the sound that the chocolate makes when coming out of a machine during the manufacturing process.

## **The Inventor of the Chocolate Chip Cookie Sold the Recipe to Nestle in Exchange for a Lifetime Supply of Chocolate]**

Ruth Wakefield, a.k.a. "the mother of chocolate chip cookies," sold her now-famous recipe to Nestle, but she didn't receive any money for it. Instead, all she wanted was a lifetime supply of chocolate, which is a deal I'm sure we'd all take.

## **Ben & Jerry's Made the First Cookie Dough Ice Cream**

According to Ben & Jerry's website, the ice cream aficionados created the flavor after an anonymous suggestion was sent into their shop in 1984. They spent six years perfecting the ice cream before finally releasing it, and it became the massive hit it is today. Find out where chocolate chip cookie dough landed on our list of Every Ben & Jerry's Flavor—Ranked By Nutrition!

## **There are Actually Four Different Types of Chocolate: Dark, Milk, White, and Blond**

Most people think that there are only three main types of chocolate, but that's not necessarily true. Blond chocolate, named after its striking color, was actually made by accident by pastry chef Frédéric Bau, according to the chocolate's founding company, Valrhona.

## **White Chocolate Technically Isn't Chocolate**

White chocolate contains cocoa butter, but doesn't contain any cocoa powder or cocoa solids that give regular milk and dark chocolate its color and flavor. Since cocoa butter doesn't actually taste good on its own, it's mixed with milk fat, vanilla, and sugar for a sweeter flavor.

## **The Film Willy Wonka and the Chocolate Factory was Financed by Quaker Oats to Promote its New Wonka Bar Candy**

The original Willy Wonka and the Chocolate Factory movie from 1971 was actually used as an advertisement for Quaker Oats. The film was funded by the food company in order to promote

their new Wonka chocolate bar, which is why the film is named Willy Wonka and the Chocolate Factory instead of Charlie and the Chocolate Factory like the original book.

### **The First Chocolate Bar was Invented in 1847 by Joseph Fry**

According to the History Channel, the world's first chocolate bar dates all the way back to 1847. It was created by Joseph Fry with the help of his son, and they made it with cocoa butter, cocoa powder, and sugar.

### **The Chocolate Industry is Worth Over \$75 Billion Per Year Globally**

The History Channel also noted that the chocolate industry bloomed into one of the most successful businesses in the world. Each year, the chocolate industry makes over \$75 billion in sales around the world.

### **Three Musketeers Bars were Originally Three Pieces to a Package**

Three Musketeers bars used to have three individually flavored bars: chocolate, vanilla, and strawberry. But, they decided to drop the strawberry one when prices began to rise for the fruit and eventually turned into one large chocolate bar.