



Chocolate: From the Tree to Your Tongue



Cacao comes from pods that grow on trees that are native to parts of Central and South America.



harvested

ferment		2
3	4	5
6	7	8

2X
YEAR



dried & shipped



sorted



roasted



winnowed



chocolate



shipped

Twice a year, the pods are harvested and fermented for 2-8 days. Then the beans are dried and shipped to a manufacturer. The beans are sorted, roasted, and winnowed (a process by which the husk of the bean is broken apart) so that they can be processed into chocolate. This chocolate is then shipped to stores where it is sold and enjoyed every day by people just like you!

The Science Behind the Sweet Stuff...

Here's a breakdown of the chemicals found in your chocolate bar and their physiological effects.



Anandamide

promotes feelings of well-being

Caffeine

functions as a stimulant

Phenylethylamine

releases dopamine for alertness

Theobromine

functions as a vasodilator, diuretic, and heart stimulant

Flavonoids

lower blood pressure, increase blood flow to the brain, support the circulatory system, and improve insulin sensitivity

