

A Hearty Pour into the Nutritional Value of Chocolate & Wine

Dark Chocolate

(70–85% cocoa, 30g)

Calories & Macronutrients

180kcal, 12.8g fat, 13.8g carbs, 3.3g fiber, 7.2g sugar, 2.3g protein

Due to its rich composition in polyphenols and specifically flavonoids, dark chocolate has powerful antioxidants that may lower inflammation, boost vascular function and support brain health.

Including dark chocolate in your diet offers dense nutrition and protective compounds, balanced when also aware of its saturated fat and sugar content.



Red Wine

(100 ml)

Calories & Macronutrients

85 kcal, 2.6 g carbs, 0.6 g sugar, 10–12 g alcohol

Red wine contains 0.2–2 mg resveratrol per 100 ml, along with catechins, flavonols, anthocyanins (which may reduce LDL oxidation, raise HDL, improve blood pressure, and support gut health).

What makes red wine stand out is its unique profile of polyphenols. These compounds act synergistically to support cardiovascular & metabolic health, though they're best obtained through food rather than solely on alcohol.



How to Put Them to Work

1. Pair 30–50g of 70% or higher dark chocolate on days you want a fiber & mineral boost.
2. Choose a small glass of red wine with meals to complement polyphenol intake.
3. Round out both with fruits and vegetables, whole grains and lean proteins to supply vitamins, additional fiber and supportive phytonutrients that magnify the benefits while keeping sugars and alcohol in check.

Drink alcohol responsibly & in moderation to protect your health & well-being. Always check with your physician before making dietary changes.