

What a sweet idea...

- 1 Hurrah! We always knew chocolate was good for us – all those antioxidants and flavonols and dopamine and all that. Now Nestlé is promising to make it even healthier, by modifying sugar to trick the taste buds into thinking it's sweeter, so that less is needed. However, before you tear into the boxes with selected chocolates, hold your horses. Is the problem with chocolate the sugar content or the quantities in which we're consuming it?



- 2 Extra-large bars, “share” bags, and “family-sized” portions are all the norm now. Despite my attempts to nibble with restraint at a couple of squares of dark chocolate for my evening treat like all the healthy ‘it girls’ tell you to, when it comes down to it, I like my chocolate cheap, milky, sugary and in large quantities. So the thoughts of that being a bit healthier is music to my ears. But I know my gluttonous ways too well – a “healthy” or “reduced sugar” label will only give me the incentive to eat twice as much.
- 3 41, if our sweet treats (and here's hoping also soft drinks and breakfast cereals) can be a bit healthier, then I'm all for it. Maybe we actually can have our cake and eat it.

inews.co.uk, 2017