**Each excerpt below is color-coded for your convenience:**

**inspiring excerpts, interesting excerpts, and funny excerpts!**

**Chocolate**

**Man says to his girl friend: “If you add up the chocolates I already ate, it equals the day of the month we met.” *(Gary McCoy cartoon)***

**Your bacteria like truffles, too: Craving chocolate? You might be responding to a demand from billions of chocoholics living in your gut, says the Associated Press. When researchers examined 11 men who craved chocolate daily and 11 men who rarely ate chocolate, they found major differences in what kinds of bacteria lived in their guts. Bacteria that thrive on chocolate can be found in great abundance in chocoholics, but aren't very common in people who are indifferent to chocolate. Researchers aren't sure, though, whether cocoa-loving bacteria cause the chocolate cravings, or whether they simply flourish in a high-chocolate diet. *(The Week magazine, November 2, 2007)***

**Pest controllers look for the best bait to put in mouse traps and, they say, many a mouse has died – snap! – for the love of chocolate. *(L. M. Boyd)***

**The chocolate bar first appeared on a large scale during World War I, when chocolatiers shipped blocks of solid chocolate to GI’s in training camps around the nation. Since the weighing and cutting of smaller blocks became too time consuming, manufacturers began to individually wrap chocolate “bars” for shipment to the soldiers, and the chocolate bar, as we know it, was born. *(James Meyer, in Mammoth Book of Trivia, p. 331)***

**There are four basic food groups: milk chocolate, dark chocolate, white chocolate and chocolate truffles. *(Rocky Mountain News)***

**I owe it all to little chocolate donuts. *(John Belushi)***

**Just as we were celebrating the news that chocolate is good for us, a report in the medical journal Lancet says maybe it’s not. Only very dark chocolate that is likely to be bitter tasting contains enough antioxidants to be beneficial, says the report. Most milk chocolate contains very few antioxidants; white chocolate contains none. That means the bad calories and fat may outweigh the good things. Some previous studies had said the antioxidants (called flavonoids) in dark chocolate improved the function of blood vessels. But again that was only dark chocolate containing antioxidants. Manufacturers usually add ingredients like sugar that make chocolate sweet tasting, and those ingredients diminish the beneficial effects. Researchers suggest we buy chocolate with the fewest added ingredients. Many chocolate lovers will probably just ignore the study. *(The Senior Voice)***

**Those who claim that sex is better than chocolate obviously haven’t tried certain types of chocolate. *(Ashleigh Brilliant, in Pot-Shots)***

**Chocolate, the bane of adolescent complexions and bulgy midriffs, is a preparation made from the seeds of the cacao tree. The Aztecs favored a chocolate beverage which they introduced to the Spanish explorers in the 16th century. This beverage found its way to Europe, where it soon became all the rage. Many chocolate shops became centers of political discussion, such as the famous Cocoa Tree in London. *(James Meyer, in Mammoth Book of Trivia, p. 102)***

**36 million: The number of heart-shaped boxes of chocolate that will be sold for Valentine's Day. *(National Confectioners' Association, at it appeared in Rocky Mountain News, February 9, 2005)***

**Real brand name: Swine chocolates -- in China. (O. V. Michaelsen, in Words at Play)**

**In 1973, Swedish confectionery salesman Roland Ohisson was buried in a coffin made entirely of chocolate. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 126)***

**For $350, a New York chocolatier will shape a bust of your head from solid chocolate. *(James Meyer, in Mammoth Book of Trivia, p. 130)***

**When you fall in love, your brain produces a chemical that picks up your pulse rate, increases your energy level, and gives you a happy, dreamy feeling. What’s it called? Phenylethylamine. Some candy sellers insist it also comes naturally in chocolate. *(L. M. Boyd)***

**When chocolate first reached Europe in the 16th century, the clergy declared it “the beverage of Satan,” and “a provocative of immorality,” since it was thought that chocolate was an aphrodisiac. The idea did not die easily. As late as 1712, the English magazine The Spectator warned that men “be careful how they meddle with romance, chocolate, novels, and the like inflamers.” *(James Meyer, in Mammoth Book of Trivia, p. 363)***

**Scientists have identified more than 200 compounds that contribute to the flavor of chocolate. (Jeff Harris, in Shortcuts)**

**Everybody knows chocolate milk comes from brown cows. But few people know what happens when cows eat chocolate feed bills usually go down, the milk’s butterfat content usually goes up, and therefore the milk fetches a higher price. William Flickinger, a livestock nutritionist in Dover, Pa., tells clients to mix chocolate with the hay their herds consume. On those farms, the average cow eats five pounds of chocolate a day -- about a tenth of its total diet. “They love it,” says Ralph McGregor. He and over 30 other farmers get their chocolate from the Salvage Center at the Hershey Chocolate USA plant in Hershey, Pa., where defective Kit Kat, Reese’s Pieces and the like are finely ground and piled up. At $100 a ton, the chocolate is $20 cheaper than corn--and provides twice the energy. *(Kristen Lee Swartz, in The Wall Street Journal)***

**Why people crave chocolate: If you find yourself reaching for chocolate when you're feeling down, you're not alone. Researchers have found that depressed people eat twice as much chocolate as non-depressed ones do. More than 900 subjects were screened using a standard mood scale and surveyed about their chocolate intake. Respondents with the fewest signs of depression ate a bit more than five 1-ounce servings of chocolate a month. People who seemed somewhat depressed ate eight servings a month, while those with major depression ate 12. The study supports the notion "that when people need a pick-me-up, they pick up chocolate," Beatrice Golomb of the University of California at San Diego tells CNN.com. Eating chocolate is known to release brain chemicals that can lift mood, though it's also possible that the subsequent crash could drive depression. In either case, the chocolate urge may be a telling sign. "If you crave chocolate a lot," says psychologist Scott Bea of the Cleveland Clinic, "examine your mood state and deduce if depression is a factor in your life." (The Week magazine, May 14, 2010)**

**Chocolate was so highly prized in pre-Columbian America that both the Aztecs and the Mayans used cacao beans as currency. At the market in the Mayan city of Chichen Itza, ten beans could purchase a rabbit, four beans a pumpkin. A slave was a real steal at just 100 cacao beans. *(James Meyer, in Mammoth Book of Trivia, p. 329)***

**How dark chocoloate helps us: The secret to dark chocolate's health benefits may be in our guts. New research has found that bacteria in our stomachs feast on an indigestible part of cocoa, fermenting it into anti-inflammatory compounds that are good for the heart, the Los Angeles Times reports. The key lies in anti-oxidants called polyphenols, which are found in dark chocolate and cocoa powder as well as dark berries and black tea. The molecules in many polyphenols are too large to be absorbed through the stomach wall into the blood to be used as nutrients -- which is where intestinal microbes lend a hand. In an experimental setting in the lab, researchers found that Bifidobacterium and lactic acid bacteria broke the polyphenols down into smaller molecules capable of making it into the blood. "When these compounds are absorbed by the body, they lesson the inflammation of cardiovascular tissue, reducing the long-term risk of stroke," Louisiana State University food science professor John Finley says. The amount of cocoa powder needed to produce benefits is about two tablespoons per day. *(The Week magazine, April 4, 2014)***

**Noel Coward, on leaving England to take up residence in Switzerland for the obvious purpose of avoiding taxes, was met by the press at the airport. Why, asked a reporter, was he moving to Switzerland? "Devoted to chocolates," was Coward's reply. (William F. Buckley, Jr., in Four Reforms)**

**There is nothing better than a friend, unless it is a friend with chocolate.**

**(*Charles Dickens)***

**Chocolate affects a dog’s heart and nervous system; a few ounces are enough to kill a small dog. *(Noel Botham, in The Best Book of Useless Information Ever, p. 132)***

**Well, chocolate contains drugs. In addition to caffeine, the delectable sweet contains theobromine, a mild stimulant. *(James Meyer, in Mammoth Book of Trivia, p. 334)***

**Billy: “Could we tell the Easter Bunny my favorite is chocolate-covered chocolate?” *(Bil Keane, in The Family Circus comic strip)***

**My therapist told me the way to achieve true inner peace is to finish what I start. So far today I have finished two bags of chips and a chocolate cake. I feel better already. *(Rocky Mountain News)***

**A Swiss town got an overnight dusting of "chocolate snow" after a malfunction at a chocolate factory. Children in the town of Olten awoke to find a Willy Wonka -- esque "chocolate wonderland," with everything from roads to roofs to cars covered with a fine layer of the dust produced when cocoa beans are crushed in preparation for making candy. Officials with the Lindt & Spruengli company blamed the issue on a problem with the factory's cooling ventilation system, but on social media, residents expressed delight at the flavorful snow. "My dream come true," said one. *(The Week magazine, September 4, 2020)***

**The Aztec king, Montezuma, consumed a golden goblet of chocolate beverage before he entered his harem, then tossed the cup into the lake beside his palace. Indians were still diving for the golden goblets years after the Spanish began to colonize the area. *(James Meyer, in Mammoth Book of Trivia, p. 254)***

**Said a constant dieter after indulging in a piece of double-fridge cake, "God made chocolate in heaven, and the devil threw the calories in when it landed." *(D. D., in Reader's Digest)***

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**Billy says to his mother while watching the doctor on TV talk about the benefits of chocolate: "He said chocolate is good for the health, Mommy. Could I have a dose of it?" *(Bil Keane, in The Family Circus comic strip)***

**Chocolate is good for you: It has more antioxidant properties than green tea. The darker the better – and the warmer the better, as in a nice cup of hot chocolate. *(Uncle John’s Bathroom Reader: Extraordinary Book of Facts, p. 221)***

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**Life is like a box of chocolates; you never know what you will find on the inside. *(Forrest Gump)***

**When American children were asked what they would like on their hot dogs if their mothers weren’t watching, 25 percent said they would prefer chocolate sauce. *(Noel Botham, in The Amazing Book of Useless Information, p. 171)***

**How can a 2-ounce chocolate bar add on 4 pounds? *(Jim Unger, in Classic Herman comic strip)***

**If you love chocolate but are concerned about the calories, David Edwards, a Harvard biomedical engineer, has a treat for you. It’s “Le Whif,” a lipstick-sized mini-inhaler that shoots a calorie-free chocolate mist into your mouth. The device grew out of Edwards’ research into a better way to deliver inhaled medicines; the price is about $2 for four puffs. “The whole process is very art-science,” Edwards says. “You have a culinary art and aerosol science meeting.” *(The Week magazine, April 24, 2009)***

**Cola-flavored JELL-O was introduced in 1942, but flopped and was discontinued within a year; other failed JELL-O flavors include celery, chocolate, coffee, and apple. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 158)***

**A year's supply of chocolate bars has been left to the young children of Westgate, England. In this small country village, a local farmer who died childless specified in his will that a bar of chocolate should be handed out every week, for a year from the date of his death, to each village child less than five years old. (Bertram B. Johansson, in The Christian Science Monitor)**

**Put "EAT CHOCOILATE" at the top of your list of things to do today. That way, at least you'll get one thing done. *(The Rave Humor List, as it appeared in Catholic Digest)***

**A popular lodging chain announced it was creating a line of no-frills hotels. Said comedy writer Paul Ryan, “The only way you'll see a chocolate on the pillow now is if the last guest was eating an M & M." *(Los Angeles Times)***

**How can a few minutes of chocolate make so much difference to an entire day? *(Ashleigh Brilliant, in Pot-Shots)***

**Chef: “Now this is a meal to be thankful for! Which do you prefer, light or dark?” Drabble: “Dark!” Chef: “One chocolate devil’s food!” Mother says to her child: “This is the last time I let your father prepare Thanksgiving dinner!” *(Kevin Fagan, in Drabble comic strip)***

**Chocolate was used as medicine during the eighteenth century. It was believed that chocolate could cure a stomachache. Chocolate contains phenethylamine, the same chemical that your brain produces when you fall in love. *(Noel Botham, in The Best Book of Useless Information Ever, p. 141)***

**Everybody knows chocolate milk comes from brown cows. But few people know what happens when cows eat chocolate feed bills usually go down, the milk’s butterfat content usually goes up, and therefore the milk fetches a higher price. William Flickinger, a livestock nutritionist in Dover, Pa., tells clients to mix chocolate with the hay their herds consume. On those farms, the average cow eats five pounds of chocolate a day--about a tenth of its total diet. “They love it,” says Ralph McGregor. He and over 30 other farmers get their chocolate from the Salvage Center at the Hershey Chocolate USA plant in Hershey, Pa., where defective Kit Kat, Reese’s Pieces and the like are finely ground and piled up. At $100 a ton, the chocolate is $20 cheaper than corn -- and provides twice the energy. *(Kristen Lee Swartz, in The Wall Street Journal)***

**My mouth is private property, but chocolate is never considered a trespasser. *(Ashleigh Brilliant, in Pot-Shots)***

**In 1906, Amadeo Obici founded the Planter’s Nut & Chocolate Company in Wilkes-Barre, Pennsylvania. In 1916, he sponsored a contest to help him find a logo for his company. The winner was 13-year-old Antonio Gentile from Suffolk, Virginia. He won five dollars for his depiction of a peanut man. A commercial artist added a hat, cane, and monocle, and Mr. Peanut was born, who made his debut in The Saturday Evening Post in 1918. *(Isabell Mattingly, in Tidbits)***

**Napoleon reportedly carried chocolate on all his military campaigns. *(Noel Botham, in The World’s Greatest Book of Useless Information, p. 138)***

**A popular lodging chain announced it was creating a line of no-frills hotels. Said comedy writer Paul Ryan, "The only way you'll see a chocolate on the pillow now is if the last guest was eating an M&M." *(Los Angeles Times)***

**Early in the eighteenth century, an Austrian nobleman named Prince Dietrichstein ordered a chocolate beverage in a Vienna chocolate house and was so enraptured by the waitress who served him that he wooed and eventually married her. The Prince commissioned the noted Swiss portraitist Jean-Etienne Leotard to paint a portrait of his wife, Anna Beltauf, in her waitress garb. Titled La Belle Chocolatiere, the painting soon found its way to a museum. In 1872, an American executive of the Walter Baker Chocolate Company saw the painting during a trip to Europe, and purchased it for use as the firm’s emblem. Baker chocolate products still bear a reproduction of the Leotard portrait. *(James Meyer, in Mammoth Book of Trivia, p. 302)***

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**In a Perfect World - neither chocolate nor booze would contain calories. *(John Gratton)***

**Chocolate for eating was not perfected until 1876. M. D. Peter of Switzerland turned the trick. Today, Swiss milk chocolate is universally renowned for its flavor, color, and texture. But the most popular eating chocolate in the world is the plain old Hershey Bar, produced in Hershey, Pennsylvania, in the world’s largest chocolate factory. The Hershey factory turns out well over 200 million candy bars a year. *(James Meyer, in Mammoth Book of Trivia, p. 74)***

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**As a dentist, I recently tried out a new chocolate-flavored pumice paste on my patients. No one liked it except for a six-year-old boy. While I polished his teeth, he continued to smile and lick his lips. “You must really like this new flavor,” I said. “Yep,” he replied, nodding with satisfaction. “It tastes just like the time I dropped my candy bar in the sandbox. *(Jeffery K. Leibforth, in Reader’s Digest)***

**A woman who loves candy was given a big box wrapped in the paper of a famous chocolate firm. She said to her husband, “You've got to save me from myself. Put it in the freezer." Six months later, she had an urge for chocolate. “Please," she said to her husband, “get the chocolate out of the freezer. I've got to have some." Her husband went to the freezer, got the gift-wrapped package and handed it to her. When she opened it, she found a book, frozen stiff.(Alex Thien, in Milwaukee Sentinel)**

**Introductory statement in Sandra Boynton's book "Chocolate: The Consuming Passion": "Research tells us that 14 out of any 10 individuals like chocolate." *(Published by Workman)***

**Leave it to Swiss engineers to create "ruby" chocolate, a pink-hued confection with a berry sweetness. Ruby chocolate becomes the fourth type after dark, milk, and white. Chocolatiers at Barry Callebaut spent a decade figuring out how to use the ruby cocoa bean to create new chocolate. Some speculate that it might not be a new chocolate at all, but just a marketing ploy. While its manufacturing process remains a secret, its taste is said to combine white chocolate and raspberries. Marketers invented it to appeal to millennials, who are thought to enjoy engaging in "hedonistic indulgence." *(The Daily Chronicle)***

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**Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate.” (*Charles Schulz)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*As with most fine things, chocolate has its season. . . . Any month whose name contains the letter A, E, or U is the proper time for chocolate. *(Sandra Boynton)***

**Strength is the capacity to break a chocolate bar into four pieces with your bare hands – and then just eat one of the pieces. *(Judith Viorst, writer)***

**Leave it to the Dutch to help demonstrate the health benefits of chocolate. A study of older men in The Netherlands, known for its luscious chocolate, indicated those who ate the equivalent of one-third of a chocolate bar every day had lower blood pressure and a reduced risk of death. The researchers say, however, it’s too early to conclude it was chocolate that led to better health. The men who ate more cocoa products could have shared other qualities that made them healthier. Experts also point out that eating too much chocolate can make you fat – a risk for both heart disease and high blood pressure. “It’s way to early to make recommendations about whether people should eat more cocoa or chocolate,” said Brian Buijsse, a nutritional epidemiologist at Wageningen University in The Netherlands, who co-authored the study. Still, the Dutch study, supported by grants from the Netherlands Prevention Foundation, appears to be the largest so far to document a health effect for cocoa beans. And it confirms findings of smaller studies that also linked chocolate with lower blood pressure. The findings, published in Monday’s Archives of Internal Medicine , are based on data collected for more than a decade on Dutch men who were ages 65 and older in 1985. *(Carla K. Johnson, in Rocky Mountain News, February 28, 2006)***

**It is a popular theory that Hershey’s Kisses are named for the way the machine that makes them looks like it’s kissing the conveyor belt. Even the company doesn’t know for sure whether it’s true. *(Noel Botham, in The Best Book of Useless Information Ever, p. 141)***

**A chocolate tree? Unlike most fruits, the fruit of the cacao tree grows on the trunk of the tree instead of the branches. *(Jeff Harris, in Shortcuts)***

**More than 93 percent of children go trick-or-treating every year. Eighty-four percent of kids ranked candy and gum as the top items they hope to receive when they go trick-or-treating. Ninety percent of parents admit to sneaking goodies from their kids’ Halloween trick-or-treat bags. Bite-size chocolate candies are the most popular type of candy (76 percent). Eighty percent of adults plan to hand out candy to trick-or-treaters. Plastic pumpkins with handles remain the trick-or-treating container of choice, followed by plastic bags and pillowcases. *(National Confectioners Association, as it appeared in the Rocky Mountain News, October 31, 2005)***

**So I invite you to turn your thoughts to love and loving. It is a good turn! And, on your way, you may stop by the chocolate shop and collect! *(Rev. Gerry Comstock, Unity minister)***

**Cocoa and chocolate are virtually unknown as a popular food outside Europe and the United States. Just five nations – the United States, England, West Germany, the Netherlands, and France – now account for four-fifths of all world chocolate imports, and ten nations account for over 95 percent of chocolate consumption. *(James Meyer, in Mammoth Book of Trivia, p. 371)***

**Famous business and product that first operated without a name: Baker Chocolates -- unnamed first eight years. *(World Features Syndicate)***

**Chocolate syrup was used for blood in the famous 45-second shower scene in Alfred’s Hitchcock’s movie Psycho; the scene actually took seven days to shoot. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 67)***

**Although vanilla and chocolate may be diametrically opposed on the color scale, they share more in common than you might imagine. Both cocoa and vanilla come from a bean. Both are natives of Mexico and Central America. Both are used primarily as a confectionery flavoring. In fact, for many years chocolate and vanilla were not thought of as opposite at all – they were almost always used together! When cocoa from the New World first reached Spain, vanilla came with it, for the two beans do have one important difference: chocolate in its unadulterated form is bitter tasting; vanilla is sweet. Wealthy Spaniards began enjoying a chocolate beverage sweetened with vanilla, decades before coffee and tea became popular in Europe. *(James Meyer, in Mammoth Book of Trivia, p. 219)***

**A tour bus driver was driving a busload of senior citizens when a lady tapped him on the shoulder and offered him a handful of peanuts. He gratefully accepted. About 15 minutes later, she handed him another handful, repeating the gesture five more times. "Why don't you eat them yourself?" the bus driver finally asked. "We can't chew the nuts," she answered. "No teeth." Puzzled, the driver inquired, "Then why do you even buy them?" "Because," the lady replied, "we love the chocolate around them." *(Dorothy Riley, in The Saturday Evening Post)***

**Why It Is Good To Be A Woman: There are times when chocolate really can solve all your problems. *(Tidbits)***

**After author Roald Dahl created Willy Wonka, a chocolate-factory owner in his 1964 book Charlie and the Chocolate Factory, a real Will Wonka contacted him. A postman in Blue Hill, Nebraska, Wonka often handed out chocolate to children along his route. *(American Profile magazine)***

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