



CHIP CHAT

FOR ALUMNI & FRIENDS - FEBRUARY 4, 2004

Death by Chocolate

Valentine's Day is soon upon us, and the stores are full of heart shaped boxes of every conceivable type of chocolate and candy that was ever made. The sales of chocolate this time of year are astounding. If you are going to be giving some type of chocolate gift to your sweetheart, this issue may influence your decision. Life is too short for anything but the best chocolate, if that is how you wish to impress her.

This past Christmas holiday we were visiting our son's family when a present arrived... it was a melt in your mouth 6" diameter solid ball of chocolate sent from a friend in Italy. Many of the best chocolates in the world are made in European countries. But how can we get them in this country?

The **Chocophile** site has a list of worldwide chocolatiers and suppliers:

[http://www.chocophile.com/stories/storyReader\\$81](http://www.chocophile.com/stories/storyReader$81)

The C-List has many online links for shopping... plus the site has a wealth of info.

There are many voices giving conflicting information about chocolate. If you really love to eat it often, you can find lots of support and encouragement... but not from CHIP. Some claim that a chocolate bar a day is linked to longer life. Others claim that eating chocolate will reduce the risk of heart attack. And there are cheap carb-cutter chocolate meal replacements for the Atkins Dieters. Most people make their choices based on what they like... not what is healthiest for them. It often takes a health crisis event to wake some people up and start to reason from cause to effect.

Death by Chocolate is more than just an extravagant, huge, rich dessert. For some it is the highlight of the day that calls to be repeated again and again. Chocolate addiction may be good for your mind, but bad for your weight, since it is high in both fat and sugar. More women than men are crazy about chocolate...with 40% of women confessing to be chocoholics.

Women report to having an increased craving for chocolate around their menses. This may be due to higher levels of Progesterone, the female hormone that is important in ovulation and the menstrual cycle. Progesterone is thought to induce fat storage and a drop of the level of fat in the blood thereby promoting a craving for fat. The bottom line is if you are trying to lose weight, the best thing is to shy away from this tasty, high fat, high sugar treat, as it will certainly not help your goal.

Quotable Quotes

“I measure your health by the number of shoes...you have worn out.”

–Ralph Waldo Emerson

“When I die,” I said to my friend, “I’m not going to be embalmed. I’m going to be dipped.” “Milk chocolate or bittersweet?” was her immediate concern. This is the rhetorical response of one chocolate addict to another. We both know the answer: “Bittersweet.” *–Adrienne Marcus, from the introduction to The Chocolate Bible*

Letters to the Editor

I attended the 2003 CHIP Summit and just received the 12/11/2003 issue of the CHIP CHAT. One of the things I noticed at the Summit and in the newsletter is the use of chocolate. Please clarify. I understood that we are to refrain from using caffeine, thus the use of grain for coffee, but we can use chocolate? This does not make sense as chocolate has caffeine also. HELP! -Ozark, MO.

*Response from George Guthrie, MD, MPH, CNS
Lifestyle Center of America Medical Director*

There are substances related to caffeine in chocolate. There is a variable response in different people to these substances. The “caffeine” substance comes out on gas chromatography in the same place as caffeine but is much less biologically active when tested in living models. Modern pharmacology identifies quite a variation in individual response to this class of substances (Methylxanthines). Theophylline, theobromine and caffeine.

The biggest problem with chocolate is not the bean but the fat that it comes with. Saturated fats and even trans-fats are hard on the system and tend to bring disease. These need to be minimized.

Some people are quite addicted to chocolate. These people may need to avoid it altogether.

On an emotional level: There is very little true allergy to chocolate. Those that have allergic reactions are almost always reacting to the cockroach droppings left in the chocolate beans during their storage and processing. That’s enough to stop some people from eating it.

Summary:

Reasonable amounts may be consumed without danger as long as individuals do not have any untoward effects such as excessive wakefulness or addiction.

History of Chocolate

While the United States leads the world in cocoa bean importation and chocolate production, Switzerland continues as the leader in per capita chocolate consumption. The annual world cocoa bean consumption totals about 600,000 tons per year.

For a brief history on the rise of chocolate:

http://www.masterstech-home.com/The_Kitchen/Articles/choco-history.html

Cool Websites & Articles

US continues to Violate World Health Organization Guidelines for BSE:

<http://www.organicconsumers.org/madcow/greger12304.cfm>

This is a shocking, well-documented research paper on Mad Cow Disease, with 346 footnotes, by Micheal Greger, MD. He is a graduate of The Cornell University School of Agriculture and Tufts University School of Medicine. In 1997 he was invited as an expert witness to defend Oprah Winfrey in the infamous meat defamation trial. Take the time to check this out... it's well worth reading.

Painkiller Overdoses on the Rise, says FDA:

<http://msnbc.msn.com/id/4031091/>

About 100 people a year die unintentionally from unintentional overdose of drug found in Tylenol.

Three Kinds of Fitness:

<http://my.webmd.com/content/healthwise/175/55295>

Understand the differences that will help you set your fitness goals.

Craving Brain Food, Mad Cow or No:

<http://www.msnbc.msn.com/id/3969530/>

"You're going to die anyway. Either you die happy or you die miserable. That's the German attitude, isn't it?" *For some maybe... but not the German who founded CHIP! Read it and weep.*

Sorry, but now Chocolate is bad for you, after all.

<http://www.eveningtimes.co.uk/hi/news/5018758.html>

A top scientist has dashed the hopes of chocoholics... by scotching the theory that chocolate is actually a healthy indulgence.

Disclaimer: Links to websites referred to in this newsletter do not necessarily constitute endorsement by the Adventist Chip Association for all of the content therein.

Did You Know?

In the United States:

- over 3 billion pounds of chocolate were consumed in 2001, which totaled \$13.1 billion in sales.
- non-chocolate candy items combined in 2001 totaled \$7.6 Billion.
- 66% of chocolate is consumed between meals.
- chocolate is North America's favorite flavor: 52% of adults surveyed like chocolate best with vanilla and fruit flavored coming a distant second (12%)
- chocolate manufacturers currently use 40% of the world's almonds and 20% of the world's peanuts
- 71% of North American chocolate eaters prefer MILK CHOCOLATE
- 22% of all chocolate consumption takes place between 8pm and midnight
- more chocolate is consumed in the winter than any other season

source: *Chocolate Consumption:*

<http://www.sfu.ca/geog351fall03/groups-webpages/gp8/consum/consum.html>

Questions & Answers

Is dark chocolate better for you than milk chocolate?

Dark chocolate, including bittersweet and semisweet, does contain more flavonoids; otherwise the differences are small. Milk chocolate contains some milk, of course, but less chocolate liquor (the ground-up center of the cocoa bean) than dark chocolate. White chocolate is made from cocoa butter. It contains no chocolate liquor and is not, technically speaking, chocolate at all.

Is chocolate a major source of caffeine?

No, it has only small amounts. A one-ounce bar of milk chocolate contains 6 milligrams of caffeine. The same amount of dark chocolate has 20 milligrams. A cup of cocoa has 20 milligrams or less. For comparison, a cup of tea averages 40 milligrams, a cup of coffee, 115 milligrams.

Is chocolate addictive?

About 40% of women and 15% of men may term themselves “chocoholics.” But chocolate is not addictive in the same sense as nicotine. Many people crave it, possibly because it contains small amounts of caffeine and a few other potentially mood-improving chemicals. But the cravings as well as the good feelings may well arise from the sweetness, aroma, and melt-in-your-mouth quality. There’s a difference between being addicted to something and just liking it a lot.

–University of California, Berkeley Wellness Letter February, 2004

CHIP Happenings

January was off to a great start with twelve CHIP programs being started... Fort Washington, MD; Teslin, YT; Anderson, IN; Chehalis WA; Green Bay, WI; Greenville, TN; Lodi, CA; Onalaska, WA; Calistoga, CA; Rochester, MN; College Place, WA; Paradise CA.

- Feb. 2 **Abbotsford, BC** starting 3rd CHIP –Wanda Chipeur, *Director*
Anchorage, AK starting 3rd CHIP –Pam Libby, *Director*
Campbell River, BC starting 3rd CHIP –Johannes Kersten, *Director*
Cicero, IN starting first CHIP –John Taylor, *Director*
Harrisburg, PA starting first CHIP –James Pastor, *Director*
Moab, UT starting 3rd CHIP –Iris Skowbo, *Director*
Oak Harbor, WA starting 2nd CHIP –Greg & Lisa Olsen, *Directors*
Penticton, BC starting 7th CHIP –Connie Kiefiuk, *Director*
Shreveport, LA starting first CHIP –Chris Simpson, *Director*
Traverse City, MI –Lucia Tiffany, *Director*
Wichita, KS starting 16th CHIP –Jan Morris, *Director*
- 8 **Aldergrove, BC** starting 6th CHIP –Betty Steinke, *Director*
- 9 **Ephrata, WA** starting 3rd CHIP –Huldah Fritz, *Director*
Red Deer, AB starting 2nd CHIP –Randa Dahr, *Director*
Victoria, BC starting first CHIP –Carol Domke, *Director*
- 16 **Kamloops, BC** starting 2nd CHIP –Ole & Ulrike Unruh, *Directors*
Sacramento –Natomas, CA starting 2nd CHIP –Charlie Bowman, *Director*
Wenatchee, WA starting 4th CHIP –Brenda Mandelis, *Director*
- 23 **Yountville, CA** starting 3rd CHIP –Pat Ruzicka, *Director*
- 29 **Whitehorse, YT** starting 14th CHIP –Butch & Laurie Johnson, *Director*

What's happening in your area? Why not drop me a note so I can share it?

Let us know when your next CHIP program is scheduled so we can post it on our web site. –Sherwin Goerlitz: chipchat@sdachip.org

Looking for a CHIP Program?

Check out the CHIP Website to find the location and date of the next CHIP closest to you and share it with your friend or family member.

<http://sdachip.org/locations/>

Recipe of the Day

Date & Cashew Nut Truffles

Here's an easy to make dessert that provides an exciting and delicious alternative to chocolate. There are a variety of creative options that you may elect to try as a coating for the truffles... like a different nut, or consider doing some with finely shredded coconut.

1-½ cups pitted dates
2 cups of raw cashews
¼ cup soy milk

Soak the pitted dates in hot water until soft and then drain and set aside.

Process the cashews in a blender or food processor until finely ground. Reserve ½ cup and set aside. Add the dates to the remaining cashews and process until well blended. Add just enough soy milk for the mixture to hold together.

Roll the mixture between your palms into 1-inch balls. Roll in the reserved cashews and place on a platter or baking sheet.

Cover and refrigerate until ready to serve. Tightly covered and refrigerated, they will keep for up to 2 weeks.

Nutrition Facts	
per serving makes 36 servings	
Amount per serving	
Calories	69
Calories from fat	32
% Daily Value *	
Total Fat 3.5g	5%
Saturated Fat 0.7g	3%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0.8g	3%
Protein 1.3g	
Percent values are based on a 2,000 calorie per day diet. Your daily values may differ.	
Additional Information	
46.2% of calories from Fat 46.2% from Carbohydrates 7.5% from Protein	

Have you heard about the 12-step program for Chocoholics?

They teach you to never allow yourself to get more than 12 steps away from chocolate.

Laugh a Little

The Pastor's Visit



Mrs. Jones had been a staple of her local congregation for many years and that is why her absence was noticed lately. The pastor decided to drop by her house to check up on her after the Sunday service. He knocked on her door and being that she's nearly 85 it took her a bit to get to the door.

"Hello, who is it?" she asked.

"It's Pastor Smith", he answered.

"OH Hi-Come in, Come in, how's the ministry doing?" She said.

"Very well, I just wanted to make sure your prayer needs are being met."

"Oh honey, I haven't felt well lately but I'm getting better"

Just then the phone rang and she excused herself to get it. The pastor sat near a table with an old reader's digest and a bowl of peanuts. After 15 minutes, then 20, he heard his stomach growl and began to get restless. He started in on the bowl of peanuts and began reading. After 45 minutes, he suddenly realized that he had eaten all of the peanuts.

Right then Mrs. Jones returned and said, "Oh I sure am sorry, that was my sister from Pittsburgh. She only calls once per month so when she does we have to catch up on everything." The pastor feeling a little embarrassed said "I must also apologize, for while you were gone I got hungry and ate all the peanuts in your little bowl there. Please, forgive me" he said.

Mrs. Jones replied, "Oh that's ok, without my teeth, all I can do is just suck the chocolate off of them!" she says.

Closing Thought

“Strength is the capacity to break a chocolate bar into four pieces with your bare hands –and then eat just one of the pieces.”

–Judith Viorst

What is CHIP? CHIP stands for **Coronary Health Improvement Project**. The Adventist CHIP Association is an international, non-profit, grassroots and volunteer-driven organization whose mission is: *To inspire, equip, and support local Seventh-day Adventist churches to develop CHIP programs that model the healing ministry of Jesus Christ.* To find out more about CHIP or the next CHIP program nearest you check out Adventist CHIP Online at <http://www.sdachip.org>

CHIPCHAT is published bi-weekly by the Adventist CHIP Association for CHIP Directors, team members and alumni & friends. We encourage you to **forward this newsletter to anyone who you think would appreciate this message.**

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