

Chocolate Rating Guide

**GLOW FROM
THE INSIDE OUT**

a nourishment course
for the female mind,
body & soul

wellnesswithyasmin.com

Tally up those that apply

Certified Organic	+3	
Non-GMO Project Verified	+2	
Fair Trade Certified	+2	
Under 50% Cacao	-1	
50-65% Cacao	+2	
Over 65% Cacao	+4	
Made with cacao	+2	
Made with cocoa	0	
Contains Soy Lecithin	-3	
Sugar as first ingredient	-2	
Contains Artificial flavoring	-2	
Contains non-organic dairy	-2	
Sweetened with sugar	-3	
Sweetened with cane sugar	-1	
Contains vegetable oil	-2	
Contains hydrogenated oil	-3	
Contains superfood (such as chia, maca, etc)	+2	
Contains cinnamon	+2	
Processed raw	+2	
Less than 4 ingredients	+3	
Fiber - 1 point per gram of fiber		
Total		

Use this continuum to see where different types of chocolate rate. Aim to consume chocolate that is at least a 5.

