

Table 1 – Nutritional composition of chocolate (all per 100g)

Type of chocolate	Energy (kj)	Energy (cal)	Protein (g)	Fat (g)	Saturated fat (g)	Mono-unsaturated fat (g)	Poly-unsaturated fats (g)	Carbohydrate (g)	Sugar (g)	Dietary fibre (g)	Calcium (mg)	Caffeine (mg)	Cholesterol (mg)
Dark	2,163	517	5.1	28.5	17.1	9.2	1.0	62.6	52.0	1.2	52	59	0
Milk	2,250	538	8.2	29.9	18.5	8.8	1.2	62.0	55.5	0.8	250	20	18
White	2,223	531	7.1	33.2	20.9	9.7	1.1	54.6	54.6	0.0	230	5	20
Milk & white	2,237	535	7.7	31.4	19.6	9.2	1.2	58.6	55.1	0.4	241	13	19
Milk with nuts	2,176	520	11.1	29.5	14.4	10.9	2.9	53.0	44.8	4.9	230	16	21
Dark with cream filling	1,741	416	2.6	15.9	11.3	3.5	0.4	68.2	67.0	2.0	23	30	4
Milk with cream or caramel filling	1,990	476	6.0	24.7	15.2	7.4	1.0	61.4	53.6	0.5	170	16	15
Milk with fruit and nuts	2,151	514	7.7	28.2	15.6	10.1	1.3	59.1	57.7	3.7	190	16	21
Compound chocolate	2,140	511	4.0	30.3	27.7	1.0	0.3	57.0	55.3	4.6	78	27	3
Cocoa powder	1,492	357	19.1	14.3	8.6	4.7	0.4	24.3	0.9	28.0	149	150	0

AusNut. Nutrient Database. 2007. [cited 2009, November 11].

Available from: <http://www.foodstandards.gov.au/monitoringandsurveillance/foodcompositionprogram/ausnut2007/>