CHOCOLATE - THE SWEET ENERGY

What's behind...

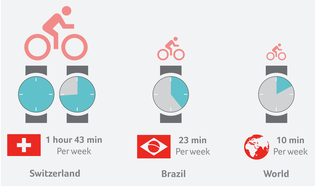
HOW MUCH CHOCOLATE DO YOU EAT?

Switzerland is the world champion in eating chocolate.

ENERGY IN CHOCOLATE VS. ENERGY DEMAND OF CYCLING:

How long would you have to cycle to compensate for the **chocolate** you consume?

Assuming 530 calories per 100g chocolate and moderately fast cycling (650 calories per hour).



HOW IS CHOCOLATE PRODUCED?

Ingredients

Chocolate comes in many different shapes and flavours but the main ingredient is: **Cocoa beans**. The process of chocolate making starts with planting cocoa trees. The fruits grow on the trunk and contain the beans, which are fermented and dried. Cocoa is produced in the tropics, mainly in West Africa but also in Brazil (the world's 6th largest producer). Depending on the type of chocolate; **sugar**, **milk** and other ingredients are added.

Transport to the factory

Depending on where cocoa beans come from and where the producer is located the product is transported by truck, rail or boat.

Manufacturing

The cocoa beans are roasted, crushed and the cocoa solids are separated from the cocoa butter. Depending on the chocolate type, different quantities of sugar and milk are added before the chocolate is further refined, tempered and moulded.

Packaging

The chocolate bars are wrapped in various packaging materials.

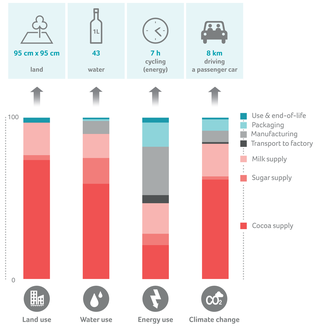
Use and end-of-life

Enjoy your chocolate. The packaging materials are disposed or recycled.

WHAT IS THE ENVIRONMENTAL FOOTPRINT OF CHOCOLATE?

100g of milk chocolate

1 chocolate bar



Enjoy every last bit:
According to FAO, about 30% of our food ends up as waste. So enjoy your chocolate and do not let the sweet energy go to waste.

Ingredients – the devil is in the detail:
The main impact on the environment stems from the production of the ingredients, especially the cocoa and milk production. Keep your eyes open for sustainably sourced and certified chocolate.

Established by Quantis and ecoinvent