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Besides caffeine, fat and sugar, chocolate also contains important trace minerals, like magnesium, which may be deficient in women prior to and during their menstrual cycles. Changing hormonal levels prior to and during the menstrual cycle can inspire all kinds of food cravings, and chocolate is one of them.

Why Do Women Crave Chocolate? / Nutrition / Healthy Eating

Kim Morrison is the author of Like Chocolate for Women (3.57 avg rating, 7 ratings, 0 reviews, published 2001), Like Chocolate for Women (3.80 avg rating...

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