

Table S1. Nutrient facts for chocolate chips used in experiments

Serving size	20 chips <sup>a</sup> (27 g)	147 kcal	
		% Daily Value <sup>b</sup>	
		Men	Women
<b>Total Fat</b>	7 g	10.0	12.4
Saturated Fat	5 g	23.8	29.5
<i>Trans</i> Fat	0.3 g		
<b>Cholesterol</b>	< 3 mg	0.5	0.7
<b>Total Carbohydrate</b>	17 g	3.8	4.8
Total Sugars	10 g	7.7	9.5
<b>Protein</b>	2 g	2.3	2.9
<b>Sodium</b>	30 mg	0.8	1.0
<b>Calcium</b>	37 mg	3.8	4.8