

Works Cited

526663. Cacao Beans. 23 Feb. 2011. *Pixabay*, pixabay.com/en/cocoa-beans-cocoa-cacao-candy-499970/. Accessed 9 Apr. 2018.
- Belluz, Julia. "Dark Chocolate Is Now a Health Food. Here's How That Happened." *Vox*, Vox Media, 18 Oct. 2017, www.vox.com/science-and-health/2017/10/18/15995478/chocolate-health-benefits-heart-disease. Accessed 8 Apr. 2018.
- Civitello, Linda. *Cuisine and Culture: A History of Food & People*. 3rd ed., Hoboken, John Wiley & Sons, 2011.
- Cook, L. Russell, and R. Paul Singh, editors. "Cocoa." *Encyclopædia Britannica*, school.eb.com/levels/high/article/cocoa/111133. Accessed 8 Apr. 2018.
- Cumo, Christopher. *Foods That Changed History: How Foods Shaped Civilization from the Ancient World to the Present*. Enhanced Credo ed., Santa Barbara, ABC-CLIO, an imprint of ABC-CLIO, 2015.
- . *The Ongoing Columbian Exchange: Stories of Biological and Economic Transfer in World History*. ABC-CLIO, 2009. *ABC-CLIO eBook Collection*, publisher.abc-clio.com/9781610697965/.
- De Lempis, Alain Huetz. "Colonial Beverages and the Consumption of Sugar." *Food: A Culinary History from Antiquity to the Present*, edited by Jean-Louis Flandrin and Massimo Montanari, Columbia UP, 1999, pp. 383-93.
- DeWitt, Dave. *Precious Cargo: How Foods from the Americas Changed the World*. Berkeley, Counterpoint, 2014.
- Gate74. Cacao Beans. 4 Oct. 2015. *Pixabay*, pixabay.com/en/cacao-bean-cocoa-bean-cocoa-2522918. Accessed 9 Apr. 2018.

Lovera, Jose Rafael. *Food Culture in South America*. Westport, Greenwood, 2005.

Skitterphoto. Bags of Cacao beans. 7 Aug. 2017. *Pixabay*, pixabay.com/en/bag-cacao-fair-trade-food-2608928/. Accessed 9 Apr. 2018.