

## National Milk Chocolate Day

### Description

**A great excuse to eat milk chocolate all day!**



**28TH JULY 2013**

National Milk Chocolate day is a great day for indulgence. Chocolate is enjoyed in sweets and baking and is the favourite flavour of chocolate for millions of people. It's only right it has its very own special national day.

Are you a 'Choccholic'? If you are, then this is the perfect excuse to eat chocolate until it comes out of your ears. Today should be spent consuming and savouring generous amounts of your favourite milk chocolate treats.

Did you know that chocolate has mood-enhancing benefits? That's right! Chocolate can make you happy! This is due to the fact that it contains a stimulant called theobromine and a compound called anandamide. Now that's a reason to celebrate!

Happy Milk Chocolate Day!

[Click here to grab some delicious Milk Chocolate](#)

## Category

1. National Days

## Tags

1. Chocolate
2. Milk Chocooate
3. National Day

## Date Created

July 25, 2013

## Author

sephra

*default watermark*