

# Chocolate And Health

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## **Health by Chocolate WebMD**

March 29th, 2007 - The possible health benefits of chocolate stem from the antioxidant flavonoids Chocolate comes from the cacao plant and cacao is extraordinarily rich in flavanols a type of flavonoid phytochemical

## **Chocolate Health benefits facts and research**

November 17th, 2018 - Chocolate s antioxidant potential may have a range of health benefits The higher the cocoa content as in dark chocolate the more benefits there are

## **7 Proven Health Benefits of Dark Chocolate**

June 24th, 2018 - Dark chocolate is loaded with nutrients that can positively affect your health Made from the seed of the cocoa tree it is one of the best sources of antioxidants on the planet

## **Healthy chocolate Dream or reality Mayo Clinic**

November 7th, 2018 - Healthy chocolate sounds like a dream come true but chocolate hasn t gained the status of health food quite yet Still chocolate s reputation is on the rise as a growing number of studies suggest that it can be a heart healthy choice

## **Health effects of chocolate Wikipedia**

November 15th, 2018 - The health effects of chocolate are the possible positive and negative effects on health of eating chocolate Unconstrained consumption of large quantities of any energy rich food such as chocolate without a corresponding increase in activity increases the risk of obesity

## **Chocolates amp Heart Health Cleveland Clinic**

November 15th, 2018 - Cocoa naturally has a very strong pungent taste which comes from the flavanols When cocoa is processed into your favorite chocolate products it goes through several steps to reduce this taste The more chocolate is processed through things like fermentation alkalizing roasting etc the more flavanols are lost

## The Health Benefits of Chocolate Verywell Fit

November 17th, 2018 - Chocolate is made from plants which means it contains many of the health benefits of dark vegetables as part of your anti aging diet These benefits are from flavonoids which act as antioxidants Antioxidants protect the body from aging caused by free radicals which can cause damage that leads to heart disease

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