
So is chocolate at all healthy or not?

Posted by annabelt - 2008/03/11 17:55

Every so often something seems to appear in the news saying that chocolate (or at least the dark kind) can be good for you. Other things say it isn't. So how nutritious is chocolate really, or is it all just wishful thinking? :unsure:

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Re:So is chocolate at all healthy or not?

Posted by Blake - 2008/07/16 20:40

:unsure:

Chocolate is bad for your teeth and chocolate is also good for your teeth!

sugar is the bit that's bad for your teeth and the rest is good for your teeth!

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Re:So is chocolate at all healthy or not?

Posted by trubliphone - 2008/07/17 22:02

Presumably, chocolate - like just about everything else except for poison - is good for you in moderation. A varied balanced diet is bound to be better some crazy "healthy" diet which encourages or excludes chocolate based on the latest fad.

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Re:So is chocolate at all healthy or not?

Posted by heavensgate - 2008/12/11 11:43

yeah.. i agree with you.. chocolate has many health benefits especially the dark one. Few of the benefits are written below:

What are some of the health benefits?

- * reduces risk of certain cancers such as ovarian cancer
- * lowers blood pressure
- * improves insulin resistance
- * reduces risk of stroke and heart attack
- * fights atherosclerosis
- * reduces risk of chronic respiratory problems
- * protects from UV light that may reduce the risk of skin cancer
- * decreases inflammation and pain associated with arthritis
- * the smell of chocolate may increase theta brain waves which results in relaxation

Before you stock up on chocolate bars there are some important facts to keep in mind:

- * dark chocolate has the beneficial flavonoids; stay away from white and milk chocolate
- * European chocolate is highest in flavonoids
- * monitor the fat and calories you consume with chocolate; you only need a very small amount to benefit
- * do not rely on dark chocolate for the bulk of your antioxidants; let it replace your unhealthy sweets

The role of flavonoid rich foods in preventing disease and maintaining health and wellness will continue to be heavily researched by scientists. Try to stay informed of these and other developments in contemporary health and wellness.

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Re:So is chocolate at all healthy or not?

Posted by Ella Matthews - 2008/12/28 02:29

It is! As long as it's good quality dark chocolate, it has antioxidising qualities and can be good for your heart. You do have

to be careful that it's real dark chocolate and not sugary stuff - it should be bitter as it has a high concentration of flavanols - antioxidants - which give it its bitter taste.

There's an article on a recent discovery by Danish researchers into the benefits of dark chocolate...<http://www.foodeu.com/articles/Dark+Chocolate+Fills+You+Up.aspx>

Enjoy!
Ella

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