

## Chocolate : 8 Advantages and Disadvantages in our Health

### Description

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# Overview

Next time you eat chocolate, you may not feel so guilty about it. The Mesoamerican Olmecs were amongst the first to use it. After the Europeans discovered the Americas, chocolate became a well-liked world, and it became a question to explore.

Thanks to its unique, rich, and kind taste, it has since become a well-liked meal product enjoyed by millions every day.

Many studies have shown that dark chocolate has numerous health benefits.

## Chocolate facts

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The following are several key points about them. More can be found in the essential article.

- It contains lofty levels of antioxidants.
- According to several studies, it may lower cholesterol levels and prevent memory loss.
- Calories are ample in this.
- It should only be eaten in moderation by people who are trying to lose or maintain weight.

## 8 Various benefits

### What are the health advantages?

- It gets a lot of clicks due to its high fat and sugar content. Its consumption treats acne, obesity, high blood pressure, coronary artery disease, and diabetes.
- According to a review of health effects released in the Netherlands Journal of Medicine, it's not all bad news.
- The writers elaborate that cocoa, the key ingredient in it, contains biologically active phenolic compounds.
- The antioxidant properties of chocolate may have a range of health benefits. There are a lot more advantages to chocolate than you might think, as its cocoa content is higher.
  - It may have the following health benefits:
- Reducing cholesterol levels
- The prevention of cognitive decline
- Reducing the risk of cardiovascular disease
- It is necessary to notice that the health advantages mentioned underneath are areas covered by a single study. More
- Research is wanted to confirm whether consuming chocolate can enhance people's health.

Furthermore, bars do not only acquire cocoa. Sugar and fat are two others that have both benefits and drawbacks.

### 1. Preserves your heart's health

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Numerous studies have demonstrated that flavonoids in it can keep your veins and arteries flexible. In more than seven studies, 114,000 participants ate a few servings of dark chocolate each week.

**2. As you age, you may be able to enhance your memory.**

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When in flavanols, their cognition operates.

## **Maintaining your heart's health**

Numerous studies have shown that flavonoids in chocolate can keep your veins and arteries flexible. Over seven studies, 114,000 participants were given a few servings of discouraged each week.

According to the study, the chances of getting a heart attack were reduced by 37%, while the chances of getting a stroke were reduced by 29% when they ate more chocolate.

## **4. You may be able to improve your memory as you age.**

The problem is that when it comes to absorbing it, the percentage of cocoa flavanols is due to the processing and addition of eggs, sugar, and milk.

## **5. It can be used to improve your workout.**

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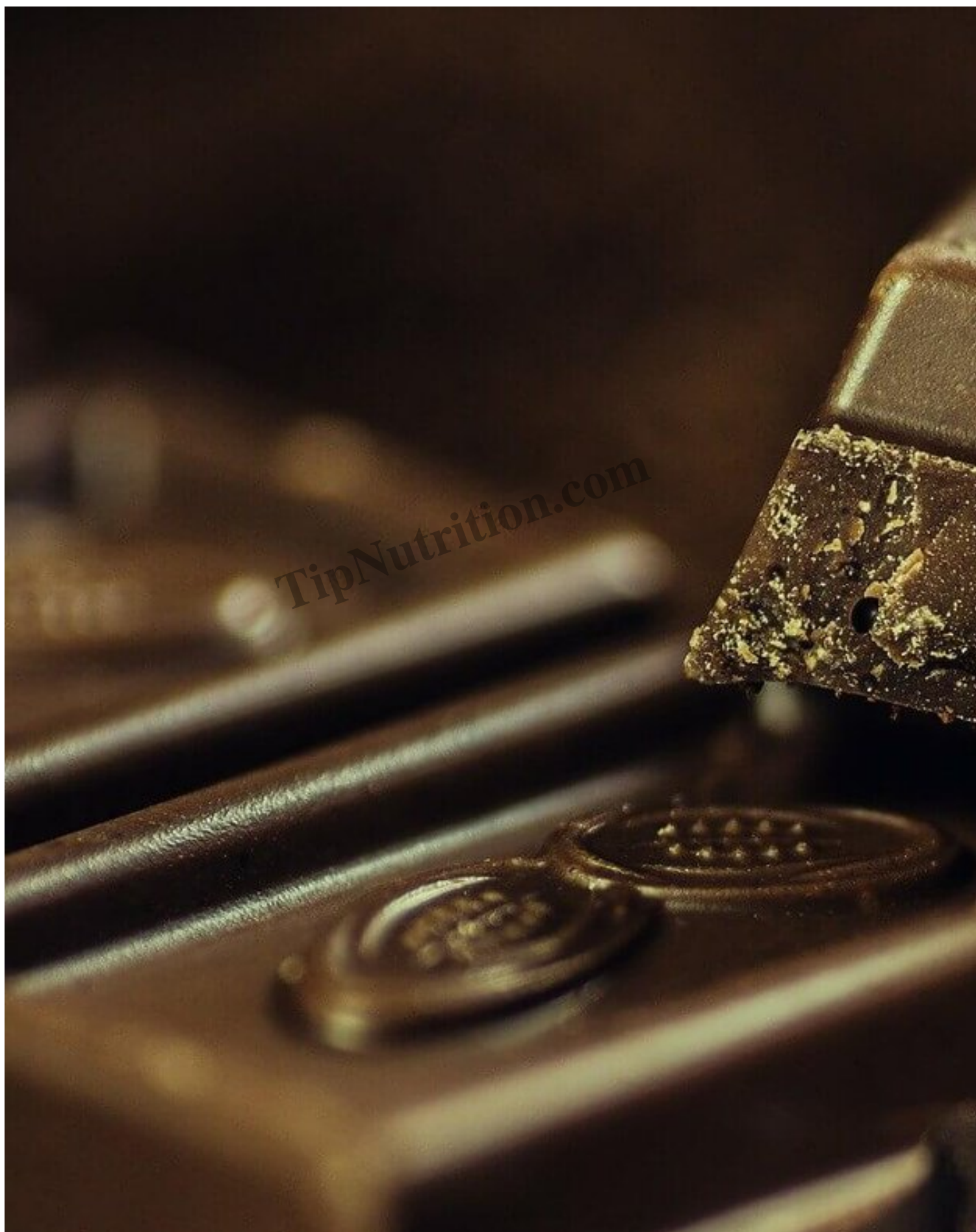


Epicatechin is a flavanol in chocolate. It can make you strong and boost your immune system.

To attain the best results from your workout, you have to restrain the amount of chocolate you consume daily to about half a square. Too much chocolate could undo the benefits!

## **6. It's highly nutritious**

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If you pick it up with high cocoa content material (75% to 85%), you're receiving an extremely nutritious snack. Let's start with an ordinary 100-gram chocolate bar.

It contains nearly all of your daily copper and manganese requirements. Over half of your magnesium RDA is contained in it, as is two-thirds (67%) of your iron RDA. It also contains about 10% fiber. It adds lots of zinc, selenium, and potassium.

## **7. It may lower the risk of complications during pregnancy.**

Preeclampsia is a pregnancy complication in which high blood pressure can occur. It has to stimulate the heart and dilate the arteries. Pregnant women who delivered elevated doses of chocolate had a 40% lower risk of developing this complication.

## **8. It may be able to sever your meal cravings.**

When you don't eat, you can't function. A small survey found that dark chocolate is part of the healthiest snacks because it fills you up faster and reduces your craving for salty and sweet snacks.

## **disadvantages**

- It can be excellent for various people, but several nations are more sensitive to caffeine and other compounds in chocolate.
- The advantages supplied by chocolate are no less than its side effects. Eaten in excess, the populace should not consume too much of it. These are several of the possible side effects of consuming too much chocolate.
- It boosts a person's power and quiets their fear and irregular heartbeat. When taken in excess, it can bring on side effects like irregular and rapid heartbeats, dizziness, sweating, and anxiety.
- Consuming too much chocolate can result in gastrointestinal discomfort because caffeine is acidic. Acidic foods can bring on heartburn, acid reflux, and ulcers. Caffeine can aggravate gastrointestinal issues.
- It promotes weight maintenance. They acquire a lot of calories that lead to inadequate weight gain. Weight loss can result in issues like high blood pressure, diabetes, and heart disease.
- It is a potassium-rich food that is unhealthy for those who suffer from adrenal disease or kidney disease.
- Therefore, a group with these conditions should try not to excessively consume chocolate.

## **Acid Reflux Issues**

Gastric juice irritates the esophagus, which causes a searing sensation in the chest known as

heartburn.

Absorbing too much can bring on acne as part of the vast majority of current side effects. Too much chocolate can trigger acne.

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An element may be excellent for one person but bad for a crook as it's a personal response.

Your body's reaction depends on what you eat. However, consuming too much chocolate can have several effects on your body.

**Category**

1. Health

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