
WHICH CHOCOLATE IS HEALTHIEST FOR THE HEART?

Not All Chocolate is Created Equal; Dark is Best

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On January 31, 2003 – Our favorite food group – chocolate – has received a blessing from the nation’s nutritionists. A review of recent studies finds, indeed that DARK CHOCOLATE is good for your heart. Researchers say flavonoids in cocoa and chocolate can lower our risk of heart disease.

The main ingredient of both chocolate and coca, cocoa butter, has plenty of saturated fat, but the remaining fat may make up for some – or possibly all – the negatives, say the researchers.

Unsaturated fatty acids found in cocoa butter are full of flavonoids, nutrients that have been reported to decrease LDL “bad” cholesterol, thereby reducing risk of heart disease, writes researcher Francene M. Steinberg, PhD, RD, in February issue of the *Journal of the American Diabetic Association*.

Dark chocolate offers the best health benefits, with high concentrations of heart healthy flavonoids.

Cocoa contains the same nutrients found in other plant foods, including minerals and specific antioxidants that help ward off diseases such as heart disease,” says registered dietitian and ADA spokesperson Althea Zanecosky, in the news release.

Chocolate’s heart improving record dates back to the 17th century Europe, when it was praised for its healing powers. “They believed that chocolate comforted the liver, aided digestion and made one happy and strong,” she says.
