

Choosing dark chocolate is good for your health

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According to WebMD Medical News (May 06, 2012), Dr. Mee Young Hong of San Diego State University compared white chocolate without cocoa with dark chocolate containing 70% cocoa, and dark chocolate overheated or melted to see if melting would take the nutrition of dark chocolate. [Microwave Heating Machinery and Equipment](#)

Cocoa solids contain flavonols, which have antioxidant and anti-inflammatory properties.

Nearly 30 men and women were asked to eat about 1.7 ounces of dark chocolate, white chocolate or melted dark chocolate a day for 15 days. Blood pressure, blood sugar and cholesterol levels were measured before and after the study.

Compared with people who ate white chocolate, people who ate dark chocolate had lower blood sugar, improved low density lipoprotein cholesterol (LDL) and high density lipoprotein cholesterol (HDL), reduced LDL by about 20%, and increased HDL by 20%. But there was no difference in blood pressure between the two groups.

Dr. Hong believes that the antioxidant ingredients of dark chocolate can more effectively control blood sugar by insulin, which naturally decreases. White chocolate slows the flow of blood to the skin, which is the measure of how blood vessels work.

Dr. Joe Vinson of Scranton University believes that white chocolate (containing fat and sugar) slows blood flow to the skin, and the hidden message is not to eat fat and sugar without antioxidants. Dr. Vinson believes that melted dark chocolate, although not very attractive, still has antioxidant effects.

But researchers stress that moderation is important.

The results were presented at the 2012 Experimental Biology Conference in San Diego.

