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[5 Proven Reasons You Should Be Eating More Dark Chocolate](#)



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November 5, 2017 // by ASC Friend// 10 Comments ... What you want is the kind that has 70 percent or more of real cacao. ... You'll also get less sugar when you eat dark chocolate, which is important ... powders and fruit products tested, and was a "significantly more concentrated source" than fruit juices.. 10 Convincing Reasons Why You Should Eat More Chocolate ... of the medically proven ways that chocolate, dark in particular is really good for us. ... issues such as cardiovascular disease. 5. Chocolate is Good for The Brain .... Woman eating a bar of dark chocolate ... the risk of suffering a stroke - by a staggering 17 per cent average in the group of men they tested.. Dark chocolate generally contains less sugar and more cacao solids ... In this article, we explore some of the potential health benefits of dark chocolate. ... involving five healthy people examined the effects of dark chocolate on .... 8 Healthy Reasons to Eat Dark Chocolate ... "The darker you go, the more antioxidants you'll get, but there needs ... people who ate dark chocolate more than five times a week reduced their risk of heart disease by 57 percent.. Learn all about dark chocolate—from its Mayan origins in 2000 BCE, to the ... The liquor is further refined to produce the cocoa solids and chocolate that we eat. ... intake of cocoa as a beverage was very high, at more than five cups daily of .... A nutritionist explains the health benefits of dark chocolate, which ... Find out what to eat when with our calendar of seasonal produce. ... We asked nutritionist Nicola Shubrook to explain its nutritional profile, ... of 90% cocoa chocolate is going to offer more health benefits than 20g of 75% cocoa chocolate).. Dark chocolate is loaded with nutrients that can positively affect your health. ... is a fairly large amount and not something you should be consuming daily. ... Yet another study showed that eating dark chocolate more than 5 times per ... may be a key reason why it can improve brain function in the short term.. Our product picks are editor-tested, expert-approved. We ... "Dark chocolate just happens to have beneficial compounds that ... Normally, you wouldn't think of eating candy before hitting the gym but ... you're getting more excited to get to the gym... you have something to look forward to," Ryan told the outlet.. Science-backed reasons to indulge in the bittersweet stuff. ... We'll eat dark chocolate however we can get it—kisses, squares, bars... straight ... Dark chocolate has been scientifically proven to keep your brain sharp, your ticker ... For access to exclusive gear videos, celebrity interviews, and more, subscribe on YouTube!. Learn all about the health benefits of dark chocolate. ... It may be hard to believe, but that tasty chocolate you eat and love may also help ... Whether you're avoiding dairy for personal or health reasons, it's important to be extra ... Related: Top 5 Theobromine Benefits (Plus Side Effects, Supplements & More) .... 5 Reasons Why Eating More Chocolate May Be Good For Your Health ... a day is actually proven to increase the blood flow to our hearts and break ... The flavonols found in dark chocolate are thought to promote healthy blood .... Here are more reasons why you should eat aaall the chocolate when cravings call. ... anxious people who ate 40 grams of chocolate (about five squares) every day for ... as part of a heart-healthy diet, dark chocolate is a smart snack choice," ... In a 2014 study, when researchers tested cognitive functioning .... Get the recommended daily dose of dark chocolate, and why you can enjoy it every day. ... Science has proven dark chocolate can actually be good for your health. ... 3 Reasons to Eat Dark Chocolate Every Day. 1. ... One study showed that cocoa and dark chocolate contained more antioxidant activity, polyphenols, and .... To ensure you're getting chocolate's healthy perks, look for dark chocolates with high cocoa content. The more cocoa, the better. But be aware: .... Dark chocolate has a much more pronounced chocolate taste than milk chocolate. ... One of the main reasons for that is beacuse dark chocolate with 75-80% ... flavanols have proven to help lower blood pressure and cholesterol, improve ... Eating chocolate tied to decreased risks of irregular heart rhythm. You will be surprised to learn that it can benefit heart, blood circulation and diabetes, just to name a few! ... The only problem is that when it comes to eating chocolate, the percentage of those ... Maybe I should have eaten more dark chocolate! ... 5. It may put you in a better mood. I wish my uncle had given my aunt some .... This article reviews 7 health benefits of dark chocolate or cocoa that are supported by science. Very Nutritious. Powerful Source of Antioxidants. May Improve Blood Flow and Lower Blood Pressure. Raises HDL and Protects LDL From Oxidation. May Reduce Heart Disease Risk. May Protect Your Skin From the Sun.. You'll find dark chocolate at the top of any brain foods list. ... Eating Dark Chocolate Can Make You Happy ... (5). Dark chocolate also contains phenylethylamine, a compound ... When tested against coffee and tea, cocoa powder drink exhibited more antioxidant activity than green tea, but less than coffee.. 5. Dark chocolate makes for happier babies. And who doesn't want a happy baby? A Finnish study found that mothers who ate more chocolate ... 87ec45a87b

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