

Chocolate and Health - Is Chocolate Really Healthy?

When thinking about chocolate and health, it is easy to assume that chocolate is firmly on the not healthy list. But is that truly the case?

In order to find out more about chocolate and the health aspects of it, it is important to discover what is contained in chocolate. Then we can decide whether or not it is healthy.

In chocolate you will find the ingredient cacao. Cacao is found more predominantly in dark chocolate, and that is the most healthy chocolate that you can eat. It has been found that people who eat two or three bars of chocolate every month live significantly longer than people who don't eat chocolate at all. So chocolate and health do have a link after all. But what is so good about cacao?

The reason cacao is so good for us is it contains flavonoids. These flavonoids are a good source of antioxidants, and they attack the free radicals which are very damaging for our bodies. Free radicals are found in air pollution, also in foods that we eat. Flavonoids also boost our immune system, and help our bodies fight against disease.

Are there any other aspects of chocolate and health that we need to consider? Well, yes there is. Cacao, which is the bean of the plant, has been linked to helping fight cancer. It is possible to buy organic nibs of cacao, or cocoa, as we probably know it. These nibs are baked and some people eat them right out of the pack. However, this is quite an acquired taste and it tastes much better when ground and used to make drinking chocolate.

So, which is the best way to get your chocolate fix? Well if you want to consider chocolate and health then you must eat chocolate bars that contain at least 70% cocoa. Milk chocolate bars contain significantly less cocoa, and some contain chemical flavorings which are not good for the body at all. Or try some cocoa nibs and make a drinking chocolate drink. Whichever way you choose, you will find that chocolate is good for you after all.

