Chocolate Helps People Lose Weight, Study

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Update Date: Oct 31, 2013 06:35 PM EDT

Woman Eating Chocolate (Photo : Flickr)

Eating chocolate may help people lose unwanted weight, according to new research.

Spanish scientists from the University of Granada looked at the diets and lifestyle of 1,500 teenagers between 12 and 17 years old in nine European countries. They found that those who admitted eating large amounts of chocolate had significantly lower BMIs. Chocolate lovers also had less belly fat compared to those who ate less chocolate.
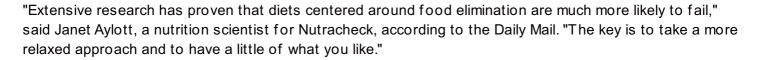
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The study also found that chocolate helped boost circulation, blood pressure and heart health.

Researchers said the latest findings support previous studies showing that chocolate eaters have less body fat.

Although chocolate contains more calories than many other foods, researchers found that the sweet treat speeds up the metabolism, according to the Daily Mail.

A recent survey sponsored by Nutracheck revealed that 86 percent of dieters who failed to kick their chocolate habit still lost weight.

"Extensive research has proven that diets centered around food elimination are much more likely to fail," said Janet Aylott, a nutrition scientist for Nutracheck, according to the Daily Mail. "The key is to take a more relaxed approach and to have a little of what you like."

Tagschocolate, Weight-loss, Obesity, belly fat, BMI, metabolism, Diet