

## Gorging on chocolates can actually help you lose weight!



A new research has found that consuming chocolates can actually help one shed off the extra kilos, as it speeds up the metabolism, which burns more calories.

Scientists from the University of Granada, Spain, discovered that people who ate large amounts of chocolate had far lower levels of fat, regardless of whether they lived an active lifestyle or had a healthy diet, the Daily Star reported.

One scientist said that the bottom line is that people who eat more chocolates have less of a problem with fat than those who don't.

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Skipping breakfast - the most important meal of the day - not only means that you tuck in more lunch, but also primes your brain to seek out healthier and higher-calorie foods, researchers have warned.

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