

Chocolate lovers have less fat - study

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It made no difference whether chocoholics exercised or were on a diet, according to the study of 1 500 12 to 17-year-olds from nine European countries.

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People who ate large amounts of chocolate had lower body fat, on average, than those who did not, especially around their stomachs, scientists found.



And it made no difference whether chocoholics exercised or were on a diet, according to the study of 1 500 12 to 17-year-olds from nine European countries, including the UK.

The researchers, from medicine and sports science experts at the University of Granada, also found implications that dark chocolate is good for blood circulation.

The Spanish study adds to previous research by the University of California which found that chocolate lovers have less fat because, while chocolate contains more calories than many other foods, it appears to make the metabolic system work harder.

Previous research has revealed that chocolate can reduce blood pressure, protect against type 2 diabetes and lower cholesterol. - Daily Mail

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