

## Eat chocolate to look slim!

Good news for chocolate lovers. Don't hesitate to eat chocolates as they won't make you fat but instead will help you to reduce your weight, a [study](#) said.

Researchers from the University of Granada, Spain have scientifically have shown that higher consumption of [chocolate](#) is associated with lower levels of total fat (fat deposited all over the body) and central fat (abdominal), independently of whether or not the individual participates in regular physical activity and of diet, among other factors.

The [researchers](#) determined whether greater [chocolate](#) consumption was associated with higher body mass index and other indicators of total and central body fat in adolescents participating in a study.

The study involved 1458 adolescents aged between 12 and 17 years and results showed that a higher level of chocolate consumption associated with lower levels of total and central fat when these were estimated through body mass index, body fat percentage measured by both skin folds and bio-electrical impedance analysis and waist circumference.

These results were independent of the participant's sex, age, sexual maturation, total energy intake, intake of saturated fats, fruit and vegetables, consumption of tea and coffee, and physical activity, 'Medicalxpress' reported.

Although chocolate is considered a high energy content food it is rich in sugars and saturated fats – “recent studies in adults suggest chocolate consumption is associated with a lower risk of cardiometabolic disorders,” principle author Magdalena Cuenca-Garcia said.

Chocolate is rich in flavonoids especially catechins which have many healthy properties, researchers said. “They have important antioxidant, antithrombotic, anti-inflammatory and anti hypertensive effects and can help prevent ischemic heart disease,” said researchers.

Recently, another cross-sectional [study](#) in adults conducted by University of California researchers found that more frequent chocolate consumption also associated with a lower body mass index.

What's more, these results were confirmed in a longitudinal study in women who followed a catechin-rich diet. The effect could be partly due to the influence of catechins on cortisol production and on insulin sensitivity, both of which are related with overweight and obesity. The study was published in the journal Nutrition.

(With inputs from agencies)