

## Chocolates Lower Level of Fat in Adults

Are you having a misconception that eating chocolate will help you reduce or gain weight? Most of the people in world are having a wrong belief that eating chocolates increases weight. According to a new research, eating chocolate in an adolescence age lowers the level of total and abdominal fat in a body.

It has been reported that higher consumption of chocolates is also associated with lower Body Mass Index (BMI) along with other markers of total and central body fat. Not only this, chocolates also play a potential role in prevention of various cardiovascular diseases.

A survey was conducted by the researchers from the University of Granada. They analyzed the diets and health outcomes of 1458 adolescents, which are of the age of 12 to 17 years. These students were participating in Healthy Lifestyle in Europe by Nutrition in Adolescence Cross-Sectional Study.

Researchers declared that high chocolate consumption is associated with lower levels of total and central fatness. It has also been declared that those adults who consume frequent chocolates often have lower BMI.

Scientists said this happens because the whole fat deposits all over the whole body and the abdominal fat despite physical activities and diet.

