

Chocolate and “silhouette” are best friends

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Today, **chocolate** and “silhouette” are best friends. In fact, according to a study at the *University of Granada* published in [the Nutrition journal](#) that analyzed 1,500 European adolescents, chocolate consumption is associated with lower levels of total and central fatness. So, this delicious food reveals to be very important for the prevention of cardiovascular diseases and could also accompany a healthy and balanced diet.

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