

MONTHLY NEWS – WORLD

APRIL 2010

Study: Chocolate could reduce heart risk



LONDON – The Easter Bunny might lower your chances of having a heart problem. According to a new study, small doses of chocolate every day could decrease your risk of having a heart attack or stroke by nearly 40 percent.

German researchers followed nearly 20,000 people over eight years, sending them several questionnaires about their diet and exercise habits. They found people who had an average of six grams of chocolate per day — or about one square of a chocolate bar — had a 39 percent lower risk of either a heart attack or stroke. The study is scheduled to be published Wednesday in the European Heart Journal.

Previous studies have suggested dark chocolate in small amounts could be good for you, but this is the first study to track its effects over such a long period of time. Experts think the flavonols contained in chocolate are responsible. Flavonols, also found in vegetables and red wine, help the muscles in blood vessels widen, which leads to a drop in blood pressure.