

Reasons To Celebrate Chocolate

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Abstract- *Who doesn't love chocolate? Even if it's not your favorite sugary parley, you can presumably agree that the candy magic thoughts of love, pleasure and recompense. But in case you need one more reason (or 10) to celebrate chocolate, just look to science. The centre of interest of the present study is the interest of chocolate lovers and even some self-trumpet "chocoholics" – who suggest that it could help control blood sugar, lower blood pressure, reduce the risk of heart disease, and gash stress, and on and on. Research has even backed up some of the more bizarre health benefits that have been attribute to cocoa. The Mayans used chocolate powder to soothe the runs.*

Keywords- Chocolate, love, pleasure, chocoholics, health benefits.

I. INTRODUCTION

Even a chocolate bar that is 70% cocoa, mostly contemplate dark chocolate; can have deviate levels of flavonoid compounds, pivot on how it was processed. For example, chocolate that has gone through a chemical step known as dutching, also known as Dutch chocolate, has radically lost all traces of these compounds. Then there is the milk and sugar. "What we get commercially is not the pure chocolate."(Chocolate) is a good antioxidant". It has a good effect on inflammation. The antioxidant and anti-inflammatory power of chocolate is thought to come from a class of plant nutrients found in cocoa beans called flavonoids. Dark chocolate has more of these than milk chocolate, and white chocolate -- which does not in actuality contain chocolate -- is not an adept source of flavonoids.

'God food' of Mayans

The word "cocoa" comes from "kakawa," which signify "God food" to the Olmec people who lived in what is now Central America between 1500 and 500 B.C. The bygone Mayan people in what is now Mexico evidently concur. Researchers have remark chemicals from chocolate in Mayan ceramic vessels dating as far back as 600 B.C. Chocolate, which was habitually devour as a thick, foamy beverage, probably only increased in vogue over the following centuries. By the time Europeans uncover the Mayans, chocolate was not just for the gods and the rich. Everyone was drinking it.

Chocolate is the original energy drink

The chocolate beverage attain an enormous acceptance it is roar "the divine drink, which proliferate resistance and fights exhaustion. A cup of this beloved drink (cocoa) license man to walk for a whole day without food."

Chocolate coated Medicine

A French pharmacist by the name of Jean-Antoine Brutus Menier unbolt a plant that coated less-palatable caplet with chocolate. When his sons took over, they dribble the medicinal part and turned it into Menier Chocolate (which was eventually sold to Nestle).

Chocolate as Antidote for infections

Chocolate was the most enjoyable of the constituent in an ointment given to syphilis patients that also comprise corrosive materials. Chocolate was also used as an antidote for infections with parasitic worms. For that direction, it was mixed with sugar, cinnamon, tree oil and an antifungal agent called calomel.

Milk chocolate is born

Swiss inventor Daniel Peter reveals the "native" milk chocolate, an amalgamation of cocoa, cocoa butter, condensed milk and sugar. Bulletin trumpet the product to be a dietary staple more nutritious than coffee. Switzerland had the corner on milk chocolate until Cadbury hit the scene in England in 1904, promising to make "strong men stronger" and generally to be the superlative milk chocolate in terms of nutrition, sustenance and refreshment.

American Hershey's entry to chocolate world

Milton S. Hershey made a name for himself in the 1880s by developing a caramel candy so tasty, it killed all competition. After a reconnaissance mission to Switzerland, the birthplace of milk chocolate, Hershey introduced the 5-cent bar from -- where else? -- Pennsylvania. Similar to its European predecessors, the bar was marketed as a daily dietary requirement that was "more sustaining than meat."

Chocó holism an addiction?

Research has concluded what most of us already know: Chocolate is the most craved of all foods. The power of chocolate is probably only boosted by the sweetness and creaminess of most chocolate treats. But could it really be addictive in the same way that drugs and alcohol are? Psychologists argue against this possibility. Although chocolate contains caffeine and substances similar to those found in marijuana, it probably does not contain high enough levels to have long-term effects on brain chemistry.

Chocolate stimulate endorphins

People tend to seek chocolate when they are feeling down, dejected or stressed. Experts conjecture that this is because eating chocolate, gives us a bustle of endorphins. These are the same feel-good chemicals that our bodies liberate when we exercise.

Chocolate for moms-to-be

Pregnant women might want to give in to their chocolate cravings. Women who delineate eating chocolate every day during their pregnancy go on to narrate their babies as being more agile and having more desirable nature when they are 6 months old. The researchers advocate that chocolate may help to pacify prenatal stress in moms-to-be.

Dark chocolate & diabetes

It's hard to envision that chocolate could keep your blood sugar in restrain, but dark chocolate might have just that effect. In a small study of healthy adults, those who ate half an ounce of dark chocolate a day for 15 days had better insulin sensitivity, and lower blood pressure to boot, than adults who ate a similar amount of white chocolate.

This is your brain on chocolate

If chocolate is a drug, at least it doesn't appear to have alarming upshot on your brain. A 2006 study carried out brain imaging of young women and perceives increased blood flow to the brain after the women drank a cocoa beverage high in flavanol antioxidants for five days. Studies over the next several years found that young women had faster reaction times after devour dark chocolate and that older adults execute better on a memory test after drinking high-flavanol cocoa beverages for three months.

Chocolate for chronic fatigue sufferers

A small study found that people with dire chronic fatigue syndrome got relief from their symptoms -- and some were even able to return to work -- after consuming chocolate rich in polyphenol antioxidants for eight weeks.

Chocolate - an addiction or not?

Tasting chocolate even triggered feelings of euphoria and well-being in adults, just as addictive drugs can. But even though chocolate may trigger loss of control, it is probably not addictive, said Jennifer Nasser, associate professor of nutrition sciences at Drexel University. For one thing, it takes too long for chemicals from chocolate to enter our bloodstream.

Chocolate - saver of skin cancer

Chocolate could team up with beverages such as coffee, tea and cola to steer down your risk of skin cancer. A study of more than 120,000 nurses in the United States revealed that women and men who guzzled the highest amount of these beverages and ate the most chocolate had an 18% and 13% lower risk of developing skin cancer, respectively, probably because of the caffeine they contain.

Is chocolate good for your heart?

The blood pressure-lowering potential of chocolate could be just the beginning. Researchers uncovered other heart benefits in a large analysis of more than 150,000 men and women in the United States, Europe and Australia who reported eating up to 3.5 ounces of chocolate a day. Chocolate consumption was associated with a 21% lower risk of stroke, a 29% lower risk of developing heart disease and a 45% lower risk of dying of heart disease.

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