

Bitter brown

A brown fancy. A temptation of a lifetime. But did you know that this munching delight is over 4,000 years old? Chocolate is an ancient food that takes a long, complicated process. But it's not all that sweet. Loads of pesticides and sugar get squeezed in. But a chocolate is not just a devil for your teeth, it can keep you spruced up too! Find out how.



Vitamin lead: what chocolate can do to your health...



Chocolate keeps the doctor away

Chocolate isn't all that bad for you! Some chemicals in cocoa fight disease. Dark chocolate lowers blood cholesterol, reducing the risk of heart attacks and strokes. A chocolate bar has

more calcium, protein and B2 vitamin than a banana or an orange! It can zip up your mood because of the serotonin in cocoa. Chocolate also has phenylethylamine, a chemical that is released in the body when you're in love! So it's true, chocolates are romantic...

Over-indulgence?

But don't be too mad about chocolate. If you are addicted to it, you'd better be careful. Chocolate contains saturated fats and pure sugar, both of which are bad for you in large amounts. In the short term, eating a lot of chocolate can cause obesity and tooth decay. In the long term, it can raise cholesterol levels and contribute to heart disease and even heart attacks!

But chocolate isn't dangerous in small amounts, just the same as any other fatty and sugary food — with good exercise and a balanced diet, you can still enjoy that chocolate bar.



By Nicki Kindersley