

## **Regular Chocolate Eaters Have Thinner Waistlines**

*Source: Food Product Design*

Chocolate lovers rejoice. Adults who eat chocolate on a regular basis are actually thinner compared to those who don't indulge in the tasty treat, according to a new study published in the *Archives of Internal Medicine*. The latest findings add to the growing body of research touting chocolate's positive effect on the heart, brain, digestion, eyes and more.

Researchers at the University of California, San Diego conducted a study to examine whether the metabolic benefits of eating modest amounts of chocolate might lead to reduced fat deposition per calorie and offset the added calories. They examined data from 1,018 men and woman without known cardiovascular disease, diabetes or extremes of low-density lipoprotein cholesterol (LDL-C) levels who were screened for participation in a clinical study examining non-cardiac effects of statins.

They found that adults who ate chocolate on more days a week had a lower body mass index than those who ate chocolate less often. The size of the effect was modest but the effect was "significant." This was despite the fact that those who ate chocolate more often did not eat fewer calories (they ate more), nor did they exercise more. No differences in behaviors were identified that might explain the finding as a difference in calories taken in versus calories expended.

"Our findings appear to add to a body of information suggesting that the composition of calories, not just the number of them, matters for determining their ultimate impact on weight," the researcher said. "In the case of chocolate, this is good news—both for those who have a regular chocolate habit, and those who may wish to start one."