

Conference Abstract

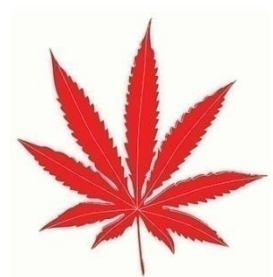
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9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

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Pak-China Friendship Centre, Garden Avenue, Islamabad, Pakistan.



Conference Abstract

CHOCOLATE: HEALTH BENEFITS

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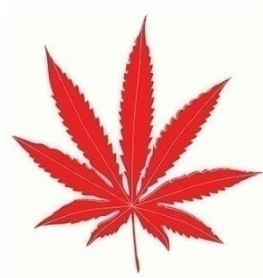
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ABSTRACT

Cacao, the quintessential ingredient in all true chocolate and cocoa products is a highly complex food source. The three most common applications of chocolate had been a) inducing weight in emaciated patients b) stimulating the nervous system and c) improving digestion and elimination. The specific effects of chocolate may be attributable to specific constituents such as flavonoids. Over the past decade, there has been increased interest in the potential health benefits related to dietary flavonoids and in particular flavanol consumption. There have been many observational studies to date that have reported a positive correlation between the consumption of dietary flavonoids including flavanols and a reduced risk for cardiovascular disease. The consumption of cocoa flavanol containing food products have been shown to improve endothelial function, insulin sensitivity, and reduce blood pressure. Regular consumption of flavanol containing chocolate bar with added PS (plant sterol) as part of a low-fat diet can significantly lower blood cholesterol levels and also reduce the systolic blood pressure without affecting the body's weight adversely supporting the concept that inclusion of these types of specially formulated foods into a balanced diet may help to support cardiovascular health. An added benefit being the various polyphenols present in chocolate, influence the numerous cytokines and enzyme systems in human body.



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