

Conference Abstract

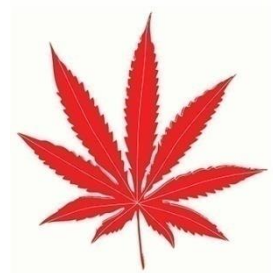
http://dx.doi.org/10.21065/AdvFoodNutriSci.4.127

9th Pak Pharma Healthcare Expo

1ST Pakistan Food –Nutrition International Summit 2019

Monday –Thursday, July 10-11, 2019

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



Conference Abstract

DARK CHOCOLATE – A CARDIOPATHY PARADOX OR A CULPRIT OF HEART DISEASES?

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Citation:
Fatima A, Abeer I S, Ambeera F. A, Izza M, Nageen S. Dark Chocolate – A Cardiopathy Paradox or A Culprit of Heart Diseases? Adv Food Nutr Sci. Vol. 4. 2019. p 127-128.

Funding:
The authors received no direct funding for this research.

Competing Interests:
The authors declare no competing interests.

Additional information is available at the end of the article.

Ethics approval and consent to participate: No ethical approval needed for this research work.

Consent for publication: Author is agreed to submit this abstract for publication in this research journal.

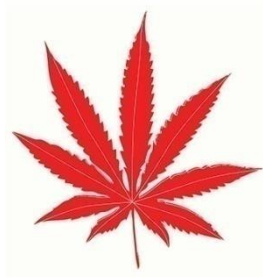
Availability of data and materials: The information and data collected and/ or incorporated in this study is included in this manuscript.

Keywords: Cardiopathy, Cardiovascular Diseases, Dark Chocolate, Cocoa, Flavanols, Epicatechin.

ABSTRACT

Cardiopathy is the chief cause of death among worldwide populations. It includes the Coronary Heart Diseases, Heart Failure, stroke etc. In 2016, about 17.9 million worldwide deaths occurred due to Cardiopathy. Diet plays a key role in controlling the cardiovascular diseases (CVDs). Of all the food items that are healthy for heart functioning, chocolate is one of them. Chocolates, especially the dark ones, being rich in flavanols have positive effect on blood pressure, lipid profile and overall heart health. Numerous population studies show the defensive role of cocoa and dark chocolates against the inflammation and oxidative stress, due to their anti-inflammatory and antioxidant properties. Dark chocolates also have antihypertensive and antiplatelet role, leading to the prevention of High Blood Pressure and diseases related to platelet coagulation such as Thrombosis. Hence, the relation between chocolate consumption and occurrence of cardiopathy is inverse. These beneficial effects occur due to the abundance of flavanols mainly epicatechins, present in them. The defensive role of dark chocolates is more than the white chocolates because the epicatechin content of the former is retained during its manufacturing course. Therefore, the consumption of dark chocolates more than 3 servings a week reduces the risk of Cardiovascular diseases, increases High Density Lipoprotein and improves cardiovascular

functioning.



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The abstract appearing is approved to present in 9th Pak Pharma Healthcare Expo | 1ST Pakistan Food –Nutrition International Summit 2019, July 10-11, 2019 at Pak-China Friendship Centre, Islamabad, Pakistan. The submissions were selected and processed by the Organizing Committee to be presented in oral or poster session, and were subject to review by the Program Committee.