

Why Chocolate is good for your skin

Packed full of antioxidant properties, chocolate is gaining more and more a place in the healthy food circle. Some studies show chocolate could also protect the skin against damaging sunlight. Not all experts agree, though.

There is plenty of evidence to suggest that a moderate amount of chocolate is good for our health, cholesterol levels, and brain, especially dark chocolate. It can reduce the risk of developing heart disease and stroke.

Chocolate's health benefits are thought to be due to the high levels of antioxidants.

But what about healthy skin? Can chocolate prevent ageing of the skin, sunburn and possibly skin cancer?

The raw cocoa bean has very high levels of flavanols, a type of antioxidant. But most of these are lost during the process that turns the bean into the chocolate we know. That being said, chocolate manufacturers are now experimenting with new processes that preserve higher levels of antioxidants. A study by led Prof. Wilhelm Stahl – from the Institute for Biochemistry and Molecular Biology at Heinrich Heine University in Düsseldorf, Germany – and colleagues investigated whether higher antioxidant levels in chocolate could improve the skin's ability to withstand damage from UV radiation.

Chocolate is rich in flavonoids that help absorb UV rays and it is a good source of A, B1, C , D and E vitamins. Chocolate is a natural anti-inflammatory product which is very gentle on the skin. It can aid in soothing irritation and is suitable even for sensitive skin.

Components of Chocolate

Vitamin A

Vitamin B1

Vitamin C

Vitamin D

Vitamin E

Iron

Calcium

Antioxidant flavonoids

Phenolics - antioxidants that help fight cells damage

Chromium - has been proven to help control blood sugar