

Study: Dark chocolate lowers blood pressure

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WHILE THERE ARE WELL OVER 100 CHOCOLATE STUDIES THAT DOCUMENT CHOCOLATE'S HEALTH BENEFITS, ONE RECENT STUDY SHOWS JUST HOW MUCH PEOPLE SHOULD EAT TO LOWER THEIR BLOOD PRESSURE.

Research released by the Journal of the American Medical Association said a quarter of an ounce, which is about 30 calories worth of dark chocolate, is all it may take to lower blood pressure.

In the study, doctors had some patients eat white chocolate, while others ate a piece of dark chocolate daily. Every one of the dark chocolate eaters saw their blood pressure drop a few points.

“It may not sound like much, but it turns out that even small differences in blood pressure actually lead to significant reductions in problems like heart attack, strokes and other complications from blood pressure,” said Dr. Tony Das, an interventional cardiologist at CIVA. “So, it’s a pretty important study in some ways.”

Das said natural compounds in the chocolate widen blood vessels, lowering blood pressure.

Doctors say patients should not quit their prescription medication, but adding a tiny bite of dark chocolate could make a sweet difference.