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Chocolate Is Bad for Your Bones!

It "steals" calcium from your organism

Chocolate may induce more harm than increased fatty deposits on the undesired locations. A new research carried out at the University of Western Australia and published in the "American Journal of Clinical Nutrition" shows that regular chocolate consumption could cause weaker bones and osteoporosis. Female subjects who ate chocolate daily were more likely to have lower bone density than those consuming chocolate less than once per week. "Cocoa and chocolate have been promoted as having a range of beneficial cardiovascular properties. But the effect of chocolate intake on other organ systems has not been studied. These findings could have important implications for prevention of osteoporotic fracture," said lead researcher Dr Jonathan Hodgson. The 1,001 female subjects were aged 70 to 85 and the team followed up their chocolate consume for several weeks, assessing their bone density and strength via X-rays. Women consuming chocolate daily had lower bone density in the hips, neck, tibia and heel bones. The team associated these results with the fact that the chocolate contains oxalate, known to decrease the intestinal calcium absorption, and sugar, connected to increased calcium excretion. Less calcium in the blood affects the state of the bones. Two months ago, a research published in the journal "Circulation" and carried out at the Cardiovascular Centre, in Zurich, revealed that flavanol-rich chocolate improved blood circulation. The flavanols found in the chocolate made the blood vessels open up and had positive effects on heart function in 11 heart-transplant patients. Still, one month ago, the British medical journal "The Lancet" signaled that manufacturers often remove the healthy chemicals from the chocolate, like the flavanols, because these substances give chocolate its bitter taste. That's why dark chocolate may contain just traces of flavanols while being loaded with fat and sugar, whose high intake is connected to atherosclerosis and heart disease.