



# American Chemical Society

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# NEWS

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## ***FOR IMMEDIATE RELEASE***

### **Dark chocolate: A heart-healthy treat**

Few holiday celebrations would be complete without chocolate, whether eaten alone or as part of a dessert. Researchers at the University of Scranton in Pennsylvania say the popular treat, especially dark chocolate, may help prevent heart disease. The scientists showed that cocoa powder, at levels equivalent to two dark chocolate bars per day, significantly reduced chemical markers for heart disease in a group of lab animals on a high-fat diet. Their study was published in the *ACS Journal of Agricultural and Food Chemistry*.

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