

MAIN IDEA

& Supporting Details

LDL, or "bad" cholesterol, is a sticky substance that can build up in veins and arteries. If cholesterol blocks a vein, the person can suffer a heart attack. A study from *The Journal of Nutrition* found that chocolate may help reduce LDL, or "bad" cholesterol, in the body.

Antioxidants protect our bodies from cell damage. Healthy foods like berries, leafy greens, beans are good sources of antioxidants. Cocoa, a key ingredient in chocolate, also contains antioxidants. Therefore, eating chocolate prevents cell damage.

Several more studies show that flavanol, a chemical in cocoa, can prevent damage to nerves in the brain. This can improve thinking. Chocolate may also help patients with Alzheimer's disease.

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