

# 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.

## TOPIC SENTENCES

# Identifying Main Idea And Supporting Details College

**Lingsheng Yao**



**Identifying Main Idea And Supporting Details College:**

## **Identifying Main Idea And Supporting Details College** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Identifying Main Idea And Supporting Details College**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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## Identifying Main Idea And Supporting Details College Introduction

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