

# Chocolate can be good for your health research paper example

[Health & Medicine](#), [Obesity](#)



\n[[Table of Contents](#)]\n

\n \t

1. [Introduction](#) \n \t
2. [The argument](#) \n \t
3. [Negative Effects and counter-argument](#) \n \t
4. [Conclusion](#) \n

\n[/toc]\n \n

Thesis: Even though research has portrayed the contrary, chocolate is linked to deleterious health effects. Such invalid theories are typically based on folktale than facts.

## **Introduction**

Chocolate is a food obviously loved by many individuals. Despite negative reviews on nutritional benefits of chocolate, I am convinced that the food can have beneficial effects to a person's health.

## **The argument**

Chocolate has previously been utilized by healers as a remedy for various illnesses such as tuberculosis and anemia.

Chocolate has proved to reduce the cardiovascular disease risks.

Flavanols found in cocoa and chocolate are beneficial in reducing the blood clotting likelihood, eventually reducing the heart disease risks.

Chocolate is helpful when it comes to reduction of the level of bad cholesterol (LDL) and increasing the good cholesterol (HDL).

Anti-cancer activity also seems to be another reason for encouraging chocolate consumption.

Contains chemicals that contribute to the good feeling associated with chocolate consumption.

### **Negative Effects and counter-argument**

Chocolate contains fat hence addition of cholesterol. However, this fact is seen to be exaggerated as the main fat is stearic acid that is not hazardous.

Trigger for migraines. However, the research is inconclusive.

Caffeine in chocolate can cause health negatives. However, there are also positives in health associated with caffeine.

Allergies. This is disproved by the notion that the cause might be because of additional ingredients in the chocolate like milk.

### **Conclusion**

Chocolate is not just a sweet it has beneficial health effects to the people's health when it comes to their cholesterol, blood flow, and heart among others.