Complementary blog post: 5 Tips to Use Dark Chocolate for Weight Loss

Subject: Does Dark Chocolate Work for Weight Loss?

{firstname}

Can dark chocolate really help to make you lose weight?

It sounds absurd. After all, you’ve spent most of your life being told chocolate isn’t good for you. Now, you’re being told it can help you shed those pounds, rather than gain them!

So, does dark chocolate work for weight loss or is it one of the many myths circulating the internet?

Why dark chocolate is recommended for weight loss

According to research, dark chocolate can indeed help you to lose weight. Not only that, but it also provides the body with an outstanding number of health benefits.

So, what is it about this tasty treat that can help with weight loss? Well apparently, it helps to both curb the appetite and it improves your metabolism.

When eaten in moderation, dark chocolate helps to reduce the absorption and digestion of both carbohydrates and fat. This was backed up by research conducted by the Queen Margaret University.

Most impressively however, is its ability to reduce the appetite. Cravings are the number one reason most diets fail. So, reducing the appetite will therefore help make it much easier to eat in moderation and lose weight. Dark chocolate does this by affecting the hormone levels in the body responsible for hunger.

A Netherlands study showed dark chocolate lowers Ghrelin levels and lowers insulin resistance. Ghrelin is a hormone responsible for directly increasing the appetite, while insulin impacts how sugar is transferred away from the bloodstream into the body’s cells. Its effect on these two hormones alone significantly helps to reduce the appetite.

Things to keep in mind

So, there is scientific research to back up the fact that dark chocolate has the power to help you lose weight. However, it doesn’t guarantee that you will. There are a lot of factors which can control whether or not you lose weight with the help of dark chocolate including:

* How much you consume
* Your lifestyle choices
* The cocoa content

As with all types of food, in order to gain the weight loss benefits of dark chocolate, you need to ensure you’re eating it in moderation. It’s also not going to help you to lose weight on its own. You’ll still need to eat healthily and exercise frequently to lose weight.

Finally, the cocoa content is important. Weight loss is only possible if you stick to dark chocolate with a cocoa content of at least 70%.

Want to know how to use dark chocolate to lose weight? Take a look at our useful blog.

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Overall, provided you choose the right type, dark chocolate can have impressive results when it comes to helping you lose weight. However, it should never be used as a standalone weight loss aid; it cannot replace a healthy diet and regular exercise plan.

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