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Chocolate Protects Against High Blood Pressure, Stroke - ABC News

Now this is the kind of news that chocolate lovers have been hoping for. Now before you get too excited, the amount of chocolate you should eat is very small.

According to the article, eating 7.5 grams of chocolate every day can help you lower high blood pressure. As mentioned above, the amount is small and the sugar and excess carbs in chocolate mean you should not eat more than the recommended amount if you plan to try this out.

Below is an excerpt with a link below that to the original article as reported by ABC.

Thanks for visiting. I hope this helps!

consuming 7.5 grams of chocolate daily resulted in a significantly lower blood pressure than consuming just a sprinkle of it daily, according to Brian Buijsse of the German Institute of Human Nutrition in Nuthetal, Germany, and colleagues.

They reported their findings online in the European Heart Journal.

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