- Chocolate / Diabetes



Study finds dark chocolate may reduce type 2 diabetes risk by 21 per cent

Eating dark chocolate, but not milk chocolate, may lower the risk of type 2 diabetes (T2D), according to a study from Harvard T.H. Chan School of Public Health. Published in *The BMJ*, the study followed more than 192,000 adults for 30-plus years. Participants who ate at least five servings of dark chocolate weekly had a 21 per cent lower risk of T2D, while milk chocolate showed no benefit. Increased milk chocolate intake was linked to weight gain, a T2D risk factor. “Dark chocolate’s polyphenols may offset the effects of sugar and fat on weight and diabetes, unlike milk chocolate,” said Qi Sun, study co-author. Researchers highlight small dietary changes, like choosing dark chocolate, could benefit health. Lead author Binkai Liu explained: “For anyone who loves chocolate, this is a reminder that making small choices, like choosing dark over milk chocolate, can make a positive difference to your health.” *Source: The BMJ.*