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Randomized Study of the Effect of Cocoa, on the Blood Pressure of Healthy Young Individuals

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Introduction: Since ancient times, chocolate is a food highly appreciated by people and, therefore, is present in varied eating patterns. When rich in cocoa, it has a higher concentration of flavonoids. The consumption of foods rich in flavanols has been associated with a reduction in some risk factors for cardiovascular diseases, such as hypertension.

Objectives: To evaluate the effects of frequent consumption of a fixed dose of cocoa-rich chocolate on the blood pressure of healthy young individuals.

Methods: Thirty healthy individuals of both sexes, aged between 18 and 35 years, were randomized, but only 28 people completed the intervention. A baseline blood pressure assessment was performed. After this the...

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