

Chocolates: Jeopardies To kids?

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Abstract

The chocolate is regarded as an indulgent treat and its delicious taste often consuming with all age groups. But all the parents are saying to their kids that, the chocolate is not good for our health and use to blame the chocolates causing for tooth cavities, acne and weight gain. Now, many research studies evidenced the fact and the scientists recommend to consume the dark chocolates with higher cacao mixture. Since, it has loaded with biologically active organic compounds of antioxidants, flavanols and polyphenols are essential for overall healthy and more efficient than many drugs in preventing various diseases.

Keywords: Dark chocolates; Cacao; Antioxidants and Healthy.

Introduction

In the hectic world, the Chocolates are fetching more and more recognized as 'Yummy and delicious noshes' for the children in all ages even to the middle ages [1]. Now, the paternities have the queries, whether the chocolates can be given to kids? Is it have any real benefits? also have debate in our mind, which one is best to buy and give gift to special ones?

Background

The antiquity of chocolate begins in Mesoamerica. The word "chocolate" originates from the Classical Nahuatl word *chocolātl* meaning, "Food of the Gods" has remained a sign of luxury, wealth and power [2]. It's started life as a pod on the cacao tree, *Theobroma cacao*. Each pod contains 30-45 cacao beans sheathed in a sticky white pulp. The beans have under gone many processes and finally come

out with varieties of chocolates added with many flavors and dry fruits [3].

The history of chocolate goes back at least 4,000 years, and the first solid chocolate bar was introduced in 1847 by the British chocolate company J.S. Fry & Sons. The main elements are cocoa butter (fat component of cacao seed), cocoa powder (roasted cacao became grained) and sugar. The raw cacao is actually quite bitter, *not sweet* to eat due to the presence of nearly 400 polyphenols and also the darker the chocolate higher the cacao content [4].

Today, plenty of the chocolate have consumed in the form of sweet chocolate, but it can be distinguished by follows [5],

Unsweetened

It's pure chocolate liquor often called as bitter or "baking chocolate". This unadulterated chocolate contains primarily cocoa solids and raw cocoa in varying proportions with minimum of 75%. It is not toxic and can be safely consumed.

Dark

The dark chocolate is produced by adding fat and sugar to the cacao mixture. In U.S. calls this as "sweet chocolate" requires 15% concentration of chocolate liquor and minimum of 35% cocoa solids. The semisweet chocolate is a dark chocolate with a low sugar content. Bittersweet chocolate is chocolate liquor to which some sugar (typically a third) and

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more cocoa butter are added. It has less sugar and more liquor than semisweet chocolate. A higher number of cocoa solids makes more bitterness.

Milk

This sweet chocolate contains milk powder or condensed milk and it must contain a minimum of 20-25% of total dry cocoa solids. The added milk can interfere with ability to absorb the beneficial antioxidants (polyphenols) in the chocolate.

White Chocolate

The white chocolate also contains cocoa butter, sugar and milk although similar in texture of milk and dark chocolate. It does not contain any cocoa solids; just a health-zapping mix of pasteurized milk and sugar. Because of this, many countries do not consider white chocolate as chocolate at all.

When referring / acquiring the health benefits of chocolate; look for higher cacao (>70%) and lower sugar content [6]. The cocoa contains hundreds of health-promoting chemicals, rich source of antioxidants, flavonols, polyphenols, magnesium and many other organic compounds that benefits health [7]. In addition, theobromine the primary alkaloid molecule in cocoa i.e., similar to caffeine is responsible for multiple positive effects [8]. The awesome benefits are listed in A-Z format as follows,

- Antioxidants power house [9-11]
- Bone health enhancer [12]
- Carcinogenic effects reduction [10]
- Diarrhea relief [13]
- Electrolytes rich [14,15]
- Fetal growth promoter [15,16]
- Glycemic control [10,13]
- Heart problems risk reduction [9,10,13]
- Increase Immunity & Inflammation protector [17]
- Joints pain (arthritis) reduction [18]
- Knowledge evolution [9,11]
- Lower LDL (Low Density Lipoproteins) and rises HDL [9-11,13]
- Memory Decline prevention (Antimutogenic) [19]
- Numeracy recovers [20]
- Oxidative stress reduction [9,11]
- Probiotic deed [21]
- Quantity of life booster [22]

- Romance or mood inducer [23]
- Stress and Stroke risk reduction [9-11,13,15]
- Theobromine suppress cough [24]
- UV shield for skin [9,11]
- Vision Protector [10]
- Weight loss acceleration [13,15]
- Xenial relationship
- Youthful (antiaging effects) [25]
- Zest for health and happiness [14,15]

Just an ounce of dark chocolate with 70 - 85% cacao solids contains around, [10]

168 calories
 12.8 g carbohydrates
 2.2 g protein
 12 g fat
 3.1 g fiber
 0.5 mg manganese (27% Daily Value (DV))
 0.5 mg copper (25% DV)
 3.3 mg iron (19% DV)
 63.8 mg s magnesium (16% DV)
 200.2 mg phosphorus (9% DV)
 200 mg potassium (6% DV)
 0.9 mg zinc (6% DV)
 2 mg vitamin K (3% DV)
 1.9 mg selenium (3% DV)
 20.4 mg calcium (2% DV)

Tips for the kids to reduce risk and get more benefits [26]

The most of the parents evade chocolates giving to their children due to the belief, it causes decay to teeth but, really the chocolates work towards reducing the presence of plaque. Hence, keeping an appropriate grip/ moderation (1-2 ounces per day) on the consumption of chocolates right from the start, makes to get overwhelming benefits; stays away from any potential side effects and keeps healthy throughout life span.

- ✓ Excessive intake induces insomnia/ hyperactivity / ducking healthy foods
- ✓ Peeing a lot, so reduce the intake in rainy and winter season
- ✓ Use chocolates as a way to encourage good behavior or bribe fortask done.
- ✓ Instead of opting for large bars of chocolate, go for smaller ones and in limited quantities.
- ✓ Alternate usual chocolates with chocolate-flavored biscuits or ice cream
- ✓ Twice a day of brushing (Morning/Night) limits the dental issues.

There's nothing wrong with giving dark chocolates to the kids. However, choosing a healthy chocolate of > 70% cocoa and giving at the precise time for kids as significant.

Conclusion

In all the luxury gathering's chocolate is one of the most craved and delicious foods in the world in all ages. But, over the year's chocolate has received a lot of depraved myths because of its fat content; problem arising with acne and obesity. But the chocolates are really energy dense and lauded for its tremendous antioxidant potential. The crucial of consuming chocolate is like medicine but as with medicine, the key is the proper dose. Hence, choose the chocolate with higher the cocoa and less sugarcontent aids to acquire the more health benefits which is better for overall health in all age groups including kids too.

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