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Nutrition and Diving: Benefits of Chocolate for Scuba Divers



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April 6, 2012

Whether biting off the ears of a chocolate bunny or indulging in a foil wrapped chocolate egg, scuba divers who consume moderate amounts of chocolate may benefit from its healthy nutrients. Chocolate, dark chocolate in particular, contains nutrients touted to prevent cardiovascular illness, heart disease, and high blood pressure which rank as the top three medical conditions reported by divers. Moderation of a few times a month is key as the calories from eating chocolate every day may outweigh the benefits.

The nutrient that receives the most attention regarding preventative and health benefits of chocolate is listed in the **USDA Database for the Flavonoid Content of Selected Foods, Release 3 (2011)**, as Flavan-3-ols. Flavanoids are found in plants and provide antioxidant effects in the human body. Flavanoids found in chocolate are believed to improve heart health, improve blood flow to the brain and reduce the formation of blood clots. Consuming chocolate with high concentrations of cocoa, lower in saturated fat, and lower in sugar is important in avoiding other risks relating to heart disease and high blood pressure.

Divers can find a wide variety of chocolate at the **Carlsbad Chocolate Bar**. "The 70% cocoa truffle is one of our best sellers", shares Laura Reyer, Owner, who started the business in 2008. The Carlsbad Chocolate Bar opened in "The Village Corner" of historic downtown Carlsbad in 2011 and also serves hot chocolate and coffee drinks, sells unique wines such as a chocolate port, and has a selection of gifts available for purchase.