Is chocolate good for you? Well, that depends. Chocolate carries a lot of calories in a small bar, which makes it a high energy food. For this reason, it is a ration of choice for many polar explorers. They can pack a lot of energy in a small space, which is ideal if you have to pull your own sled over miles in subfreezing conditions.

So chocolate is great for people who do a lot of physical activity and need a quick energy boost, but is it so good for the rest of us? Researchers have shown that consuming an amount of up to 100 grams of dark chocolate every day may lower your blood pressure. However, it only happened during the first two weeks of dark chocolate consumption. And after that, the effect was not apparent.

And there are easier ways to lower your blood pressure, like reducing your salt intake or exercising regularly. So don't beg your doctor for a chocolate prescription just yet. To read the full article or learn more about chemistry, please click on the link shown on the screen.