



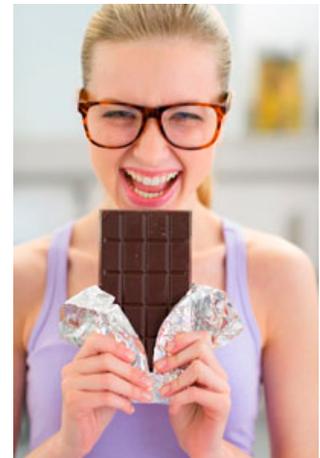
June 2, 2015 – Grand Rapids, MI

## Dark Chocolate and Weight Loss

Late last week, Paula and a couple of readers sent me links about a journalist who managed to get a study on dark chocolate (DC) and weight loss published in a scientific journal in March 2015 (1). It made headlines everywhere. Then in late May, he wrote about how he fooled the journalistic world (2). While a lot has been written about his sting and the reasons he said he did it, there are more issues here than have been written about so far, and that's what I'll talk about this week. Let's begin with the study.

The journal in question took the study down after the author revealed his conclusions were bogus, but the author had also posted a PDF of the actual paper. The study was performed with 15 subjects with ages ranging from 19 to 67. One group used a low-carb diet without DC, another on the same diet with DC, and one control group who ate what they wanted. Both groups restricting calories lost about the same weight over three weeks, about five pounds. That's where any reality ends. The paper was poorly written and would have been criticized by anyone with any nutrition training.

The author wasn't claiming he was trying to deceive scientists. He wanted to prove that too many journalists are fooled by bogus scientific studies all the time. To me, he illustrated a lot more than that. I'll cover that in the next two messages. In the meantime, eat dark chocolate if you like it; it has great phytonutrients. Just make sure you account for calories in your daily calorie intake.



What are you prepared to do today?

**Dr. Chet**

### References:

1. <http://www.scribd.com/doc/266969860/Chocolate-causes-weight-loss>.
2. <http://io9.com/i-fooled-millions-into-thinking-chocolate-helps-weight-1707251800>.

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