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## [Acne-Fighting Chocolate. Really. But Put the Snickers Down. There's a Catch.](#)

May 21, 2009



Okay, so we know by now that chocolate doesn't cause pimples (out the window along with the old 'shaving makes hairs grow back thicker' myth). But can it actually prevent pimples? That's the claim of Frutels – dubbed 'Acne Care in a Chocolate' – an American invention about to be released here (I don't have any more details yet, will fill you in as I know them). It's basically dark chocolate (aka a fabulous antioxidant) pumped full of vitamins (C, E, B12) and other supplements (thiamine, folic acid, zinc). The general idea is that it supports the system against the effect of hormones and stress – two of the key causes of breakouts.

And it's very clever marketing. As you see, anyone can get the above nutrients – by eating a little dark chocolate every day, and following a healthy balanced diet. But to package it all up in yummy chocolate balls, now that's just genius. Even moreso than those chocolate-coated goji berries that came out a while back.

Until you can get your hands on Frutels, try getting your antioxidant chocolate fix by eating some Green & Black's organic dark chocolate. Operative word being 'dark'. Yep, sorry Mars Bar lovers. What you want to avoid is the sugar that's packed into most mainstream chocolate, and pretty much anything overly processed. I once interviewed Dr Nichols Perricone (the guru of eating for good skin) who told me, "It's not chocolate – chocolate is actually a good antioxidant –

it's the sugar. If you cause a rapid rise in blood sugar then your body releases pro-inflammatory chemicals and they then clog the pores and lead to the formation of acne lesions.”

So there you go. The good news: chocolate is good for your skin. The bad news: 99% of chocolate out there probably isn't.

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1. Marketing like that really annoys me. I just know there are people out there who will see that as justification to eat lots of chocolate =/

*Comment by Laura* — May 21, 2009 @ [9:03 am](#)

2. I'll fight anyone to the death who says chocolate doesn't cause pimples. My normally clear skin breaks out without fail every Easter. I just cannot accept that it's mere coincidence!

*Comment by Katherine* — May 21, 2009 @ [9:15 am](#)

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