

## CHOCOLATE AND VITAMINS

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### ANNOTATION

The article provides information about the history of the chocolate plant, its medicinal properties, general use in combination with fruits and berries, and medicinal properties. It also highlights the chemical composition of fruits and berries, various diseases and information on their prevention.

**Key words:** chocolate, cocoa, cancer, stomach, lungs, blood pressure, hypertension, strawberries, blackberries, raspberries, blueberries, blueberries, carbohydrates, ash, minerals.

### INTRODUCTION

Earthly nature has amazed humanity with its diversity and wonders. One such wonder is the chocolate tree. Various chocolate products are made from the grains of this plant. Let's talk a little about the plant.

The plant originates from the subequatorial regions of South America, cultivated throughout the world in the tropics of both hemispheres for the production of seeds used in the confectionery industry (mainly as the main component of chocolate) and medicine. The word "cocoa" also refers to the seeds of the cocoa tree and the powder obtained from them; the drink itself bears the same name. The birthplace of chocolate, like the cocoa tree, is Central and South America. The Maya Indians, and then the Aztecs, for many centuries mixed ground and roasted cocoa beans with water, and then hot peppers were added to this mixture.

We started producing chocolate fruits by combining the healing properties of chocolate with the healing properties of fruits and berries. Today, chocolate is considered a harmful sweetness with an abundance of sugar and oils. Only natural chocolate made from grated cocoa beans has useful properties. Previously, it was used as a medicine. It's all about the polyphenols contained in cocoa. They are considered antioxidants that slow down the aging process in the body. In addition, beans also contain calcium, magnesium, iron, zinc and dietary fiber. Polyphenols and their antioxidant properties also prevent cancer, which is most often caused by active oxygen in the body. In countries where people eat a lot of natural chocolate, the incidence of stomach and lung cancer is much lower.

Even allergic reactions can be prevented with chocolate. This product reduces the amount of active oxygen in the body and prevents allergies from developing. In addition, this sweetness is good for the brain.

Cocoa polyphenols also help suppress coughs, reduce the risk of stroke, help prevent obesity, relieve gum disease, relieve fatigue and prevent high blood pressure.

It is important to remember that the abuse of this product will not get rid of all the above diseases. Therefore, it is best to eat chocolate in moderation and give preference to the most natural composition. A group of American scientists found that chocolate not only improves mood, but also has a positive effect on the functioning of the cardiovascular system.



In order not to abuse chocolate, we conducted research to use chocolate with fruits and berries. We selected berries that matched chocolate "in character", that is, they also had the same effect on the body. We chose fruits and berries containing antioxidants, such as strawberries, blackberries, raspberries, blueberries, and blueberries, and bananas were more suitable for taste.



**Bananas and strawberries in chocolate.**



### Strawberries in chocolate

Our observations have shown that fruits and berries in chocolate retain their freshness for a long time, while retaining the water and medicinal substances they contain.

Strawberries contain vitamins C, B and PP. The berry contains natural sugars, fruit acids, pectins and fiber, 100 gr. berries contain manganese - 19%; potassium - 4%; magnesium - 3%; iron - 2%; calcium - 2%, bananas contain 22.8 g of carbohydrates per 100 g of the product, which is approximately 93% of the total energy from a serving or 91 kcal. Calorie content - 89 kcal. The composition of bananas: fats - 0.33 g, proteins - 1.09 g, carbohydrates -22.84 g, water -74.91 g, ash -0.82 g. Blueberries contain vitamins B1, B2, PP, C, A, P, calcium, phosphorus, iron, phenolic compounds, sugars, organic acids, fiber, tannins, coloring and pectin substances.

Eating fruits has become more pleasant, which in turn is of great benefit in diseases of the nervous system. Reduces stress and nervousness, improves nervous tension, facilitates the performance of various mental tasks.



Here, the medicinal properties of chocolate had a positive effect not only on eating it, but also on the sense of smell of its smell, and the specific smell of fruits, together with chocolate, increased the pleasure of eating it.

Preparing fruit and chocolate products with a beautiful design helped a lot in getting rid of nervous breakdowns. We started to produce products from chocolate and fruits for sale, combining tasty with healthy, and it justified itself economically.

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