**Chocolate is good for your heart, moreso if you’re male**

Jackie Sinnerton, The Courier-Mail

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* [Healthier to microwave](http://www.couriermail.com.au/lifestyle/food/its-actually-healthier-to-microwave-these-foods/news-story/3c127a99858df4a941fbb1596d23be66)
* [Week of healthy recipes](http://www.couriermail.com.au/lifestyle/food/quinoa-freekeh-and-rice-arent-an-accompaniment-this-week-theyre-the-star/news-story/d7eed5a15b47a25e5c544f38011aca3e)
* [You’re eating sushi wrongly](http://www.couriermail.com.au/lifestyle/food/hey-australia-youre-eating-sushi-all-wrong/news-story/130aab14318f9c0f01da4a8c19e524e2)

CHOCOLATE can lower the risk of heart problems, but women cannot indulge nearly as much as men.

New research published in the journal *Heart* delivers bad news to female chocoholics – males can enjoy up to six 30g bars of chocolate a week to help reduce atrial fibrillation, or heart flutter, while women are restricted to one small bar a week to see benefits.

Atrial fibrillation affects more than 33 million people, with one in four adults likely to develop it. It’s not clear what causes it and there is no cure.

The researchers studied the chocolate consumption of more than 50,000 Danish men and women aged 60 to 64.

The type of chocolate, dark or milk, was not specified.

Women who had one serve a week lowered their risks by 21 per cent, men who had two to six a week reduced their risks by 23 per cent.

Despite being only an observational study, with no firm conclusions, the researchers said “we still observed a robust statistically significant association”.

“It important that people realise that, while there may be evidence to suggest chocolate can lower heart flutter risks, eating too much ... can also negatively impact the heart and health,” Nutrition Australia Queensland Aloysa Hourigan said.