Does eating chocolate help running?

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Do you love your chocolate but think it is having a negative effect on your running....think again, as some evidence suggests that consuming moderate amounts of chocolate could actually boost your performance during exercise and may also help improve your recovery afterward. Some of the elements of cocoa actually build muscular structure that help produce cellular energy!!!

Less effort on Chocolate..

In a study published in 1996 in “Biomedical and Environmental Sciences,” 16 male college-age students who ate a chocolate bar before a moderate-intensity run had higher blood sugar levels 15 minutes into their run and all the way through 30 minutes after their run than when they had a placebo supplement. In fact, subjects’ blood sugar levels dropped to below a normal range 30 minutes into their exercise when they had no chocolate. When subjects ate the chocolate bars, they also showed other indicators — such as a lower rate of perceived exertion and favorable blood lactate levels — which showed researchers that having a chocolate bar before exercise can help boost exercise stamina and improve recovery.

Chocolate, Gods gift to runners..

In a study published in a 2011 issue of “Journal of Physiology,” researchers split sedentary male lab mice into different groups to study the effects of cacao’s main nutritional ingredient — epicatechin — on their physical performance. When researchers gave all groups a treadmill test, they found that mice given epicatechin and a light 15-day training regimen in advance
outperformed control groups and an epicatechin group that did not exercise. Researchers also
discovered that the group of mice that got epicatechin and no exercise outperformed a group
that got exercise but no epicatechin. After researchers biopsied the mice’s muscles, they found
that the cells in the muscles of mice given epicatechin were making new structures that help
produce cellular energy. The more of these structures a muscle has, the less susceptible it is to
fatigue. Still, researchers would need to conduct more studies to determine whether this effect
is identical in humans eating cacao-rich dark chocolate before a workout.

Net effect of this above research is EAT SOME EASTER EGGS on Sunday BEFORE your run!
In the words of Homer Simpson "HhhhMMMMMMMM Chocolate, my friend!!"

Reference:

Read more:
http://www.livestrong.com/article/550223-can-chocolate-affect-running/#ixzz2OsRcmVEq