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Effect of the consumption of dark chocolate on the lipidic markers of oxidative stress, inflammation and thrombotic states of a healthy population sample

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Different studies have shown that consumption of dark chocolate would benefit the health in the consumers, due its polyphenols, fatty acid profile and other phytochemicals. These compounds coming from the cocoa, the raw material to elaborate chocolate, delay the oxidation of low density lipoprotein, without altering the lipidic profile, and they can reducing the plasma concentration of F 2-isoprostan. Besides, they also induce dependent vasodilatation of the nitric oxide, and for hence, to reduce the cardiovascular risks. Objective: To evaluate the effect of the dark chocolate consumption, in a metabolically healthy population, trough the quantification of their lipidic profile, markers of oxidative stress, inflammation, and thrombotic. Twelve healthy individuals adult were assessed before and after consuming 20 g/daily dark chocolate (with 70% cocoa) for one week. Each individual in fasting condition was assessed at biochemical level: cholesterol, triglycerides, HDL, LDL, glucose, hemoglobin, glycosylated, fibrinogeno, creatinine, uric acid and insulin through the methods of enzymatic-colorimetric and ECLIA (Roche diagnosis). The determination of the tumor necrosis α -factor, 8-Isoprostano and nitric, oxide was performed by method of Elisa using the Calbiochem kit. It was not observed significant statistical differences ($p \le 0.05$) by the effect of the consumption on the oxidative stress and in the nitric oxide markers. Both of them would be some previous markers before moving on inflammation and pro-thrombotic states, which could lead to cardiovascular risk.

Biography

Mary del Carmen Lares Amaiz is Bachelor of Biology at University Central of Venezuela, and Magister *Scientiarum* and Ph.D in Food Technology from the Universidad Central de Venezuela. She has published more than 70 papers in reputed journals; during 19 years have been head of the endocrinology research laboratory of the Hospital Militar "Dr. Carlos Arvelo", and Faculty Associate Professor at the Universidad Central de Venezuela, Head of Research Project, and Papers Referee, Board Member of the University Committee, and have supervised and advised more than 10 thesis of bachelors, and Masters at the Universidad Central de Venezuela.

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