“Chocolates”- Friends not Foes!

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Commentary:
Going with the general misconceptions of the world stating that “more chocolates more cavities” has led to chocolate being considered to be a taboo. In contrary, when one ponders deep into the composition, it’s not the “chocolates” that causes caries but it’s “the sugars” in them that’s causing it. Cocoa, the master ingredient in chocolates is proven to be anti-cariogenic. Thus, only the sugar content needs to be reduced or replaced by a non/anti-cariogenic substitute. Recent studies have attempted to enhance the anti-cariogenic content of chocolates by using licorice as a major sugar substitute. Combination of cocoa bean husk extract and licorice root extract have shown to provide an effective anti-cariogenic effect against the principal cariogenic bacteria ‘streptococcus mutans’¹-³. In addition to reducing the sugar content, there is a growing use of chewable confectionaries containing papain and bromelain, which are proven to be effective against plaque retention and are recommended as caries free substitutes for the regular chocolates. Use of these anti-cariogenic substitutes in chocolate could potentially help in reducing the caries risk and change the general perception of chocolates from foes to friends.

References:


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