

## **Review of International Symposium on Chocolate and Cocoa Nutrition**

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### **< Summary >**

Since chocolate is familiar amongst the wide range of people, it was considered extremely significant to advance the evaluation and the functional investigation on the health effect and nutrition of chocolate. This idea led us to decide to hold the 1<sup>st</sup> International Nutritional Symposium in September 1995 under the sponsorship of related government offices.

The main objective of the symposium is to familiarize the functions and correct knowledge of chocolate, cocoa products and the raw material, cocoa beans, and contribute to the maintenance and improvement of the public health through presentations of the research results by authorities inside and outside Japan in various fields, such as nutrition, medicine and dentistry.

Thus far, a variety of subjects have been taken up by the presentations, including the results of basic research on the components of cocoa beans, the antioxidation effect of the cacao polyphenol, the anti-stress effect, the anti-tooth-decaying effect, the anti-depressant effect, the preventive effect against various diseases and so forth.

We would like more of the students studying the agricultural chemistry and the nutrition and those who are working in the related fields to attend our symposiums going forward. We would like to make our effort to make lectures easier to understand so that we can also familiarize them to the public.