



Researchers at UC San Diego and UC Davis examined chocolate consumption and other dietary intake patterns among 931 men and women who were not using antidepressants. The participants were also given a depression screening test.

Those who screened positive for possible depression consumed an average of 8.4 servings of chocolate — defined as one ounce of chocolate candy — per month. That compared with 5.4 servings per month among people who were not depressed.

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