Can chocolate cause Acne?
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What is Acne?
Acne vulgaris is a very common worldwide multifactorial skin problem affecting 9.4% of the world population, making it the eighth most prevalent disease worldwide. (1)

How does it occur?
People with acne usually attribute the condition or its exacerbation to diet, namely chocolate and greasy or fatty, reviews before 2007 have claimed that the condition was primary as a result of genetic predisposition and hormonal influences. (3)

Chocolate and Acne?

Methods
A cross-sectional study was conducted in which 100 patients complaining from the acne were requested to participate in a questionnaire about the link between chocolate consumption and acne. (3)

Results
It was found in the study that (49%) believed chocolate could affect acne, (60%) they tried to change chocolate eating habit to reduce acne exacerbation, (43%) they found improvement due to reducing chocolate intake per day. (3)

Conclusion
Based on the available evidence, chocolate is an acne trigger, however more studies are needed to assess the cocoa effect on acne exacerbation and to elucidate the proposed mechanisms linking chocolate and acne. (3)

References