

PRESS RELEASE

Cocoa, a superfood to prevent asthenia

- **Cocoa contains flavonoids that help to combat the decay caused by the change of season.**
- **Shukran Foods advises a maximum consumption of two ounces of chocolate with at least 80% cocoa percentage.**

Madrid, March 13, 2023 - On Monday, March 20, spring officially kicks off, one of the most desired seasons by many and feared by many others because, although the arrival of good weather is an attractive attraction, allergies or asthenia are a disorder for many people.

Spring asthenia is a mild and temporary symptomatology that occurs when the change of season arrives, causing weakness, lack of vitality, physical or mental tiredness and fatigue. Behind these symptoms is the change of time, the rise of temperatures and the increase of atmospheric pressure.

The increase in daylight hours combined with the time change causes daily routines to change and this has an impact on the body. Spring asthenia can last from one week to about twenty days but it is easy to combat if a balanced diet is maintained, moderate physical exercise is practiced and the hours of sleep are respected.

To make a better transition and welcome spring as it deserves, **Fran Milla, nutritionist** at [Shukran Foods](#) proposes consuming foods rich in flavonoids. "Of the different types of polyphenols, the most studied and frequently found group in foods are flavonoids. They are partly responsible for the intense colors of fruits and vegetables. They protect the body from damage caused by oxidizing agents, such as ultraviolet rays or environmental pollution, and they also have antioxidant and anti-inflammatory properties, so they can be a great ally in every change of season".

Red vegetables, grapes, vines, citrus fruits, legumes and cocoa are a great source of flavonoids. "It is something that many people do not know. The power that cocoa has is impressive, it is a food with a very high concentration of polyphenols. For its consumption to be beneficial, as with all foods, more is not better. Eating 2 ounces of chocolate with a percentage of at least 80% cocoa or 1 spoonful of our cocoa cream, gives that necessary energy against spring asthenia. In addition, because it contains chicory, this ingredient has stimulating and energizing properties, vitamins and minerals that can help support the immune system. On the



other hand, Shukran's cocoa cream spread contains tahini, which is rich in zinc, a trace element that favors the mood, which makes it the ideal food for this time of the year", says Milla.

Cocoa is a product that favors concentration, helps improve mood and stimulates the central nervous system. "It is the ideal food to consume at times when we feel down".

When it comes to providing energy to the body to prevent spring asthenia, it is best to opt for a balanced diet. A healthy snack proposal can be a slice of whole wheat bread with Shukran Foods cocoa cream spread, fruit and nuts.





About Shukran Foods

Shukran Foods is a reference company in the food sector, which markets various products such as hummus, creams and vegan alternatives to chicken eggs. The products and recipes that complete the offer of Shukran Foods are manufactured in a factory, owned by the brand, of 1000 square meters with the latest technology. Currently, its products are distributed in more than two thousand points of sale.

<http://shukran.es/>

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