

The Trayvon Martin Case

Joe Klein How both parties have failed on gun laws

Plus The twisted history of 'id your ground'

BOOKS

Meet the nice lady whose naughty novel is a huge hit

TIME

THE TRUTH ABOUT OIL

breakthroughs are
ally increasing U.S.
ies. But homegrown
n't going to lower
s at the pump

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Health & Science

Sweet Revenge Chocolate eaters are thinner. Really

By Alice Park

Long branded as a dieter's foe, chocolate may have been given an unduly bad rap.

That's what the latest study to balance the health benefits and harms of the sweet treat shows: sure, chocolate is loaded with calories, but its fattening potential may be more than offset by its positive metabolic effects—which also improve heart health, cholesterol levels, glucose control and blood pressure.

In the study, involving more than 1,000 men and women who reported their chocolate consumption over a week and had their body mass index (BMI) measured, those who ate chocolate more frequently had lower BMIs than those who didn't eat as much, despite the fact that chocolate lovers consumed more calories overall and didn't exercise more than the others. Eating chocolate five or more times a week on a regular basis can translate into a one-point drop in BMI on average, compared with those who don't eat it.

While chocolate may not cause weight loss, its health benefits, which stem from its antioxidants, may help the body absorb fewer calories from fat, thus tipping the scale toward a slimmer physique. Which is not too good to be true.



SAFE HARBOR Fisheries and boat traffic threatened to decimate the Hector's-dolphin population near New Zealand, but ecologists proved for the first time that sheltering the species from these intrusions in a marine protected area can extend the dolphins' life spans—by 5.4% over 21 years.

FOOD Why Popcorn's a Smart Snack

What's in your popcorn? The whole grain is full of fiber, and according to a new study, it's packed with polyphenols too. These antioxidants, also found in red wine, can neutralize cancer-causing free radicals. About 1.5% of air-popped corn (by weight) is polyphenols, more than what's found in similar weights of fruits and vegetables (though produce is mostly made up of water). That makes it a healthy choice—as long as you eat it minus the butter and salt.



DIABETES

37%

Percentage of obese patients on medication whose diabetes remained in remission one year after weight-loss surgery, compared with 12% of those who relied on medication alone

ENVIRONMENT Underwater Fallout

Ocean scientists recorded the first evidence of long-range damage from the 2010 Deepwater Horizon oil spill to deep-sea coral and other animals in the Gulf of Mexico. They identified the oil coating dead and dying coral nearly 7 miles from the well's leak and 4,300 ft. from the surface.

