

## GLP Podcast & Video: FDA checks chocolate-heart health claims; Cure for binge drinking? Gene-edited wheat may cut cancer risk

**D**oes dark chocolate reduce your heart disease risk? The FDA says candy companies need to tread lightly when it comes to promoting the health benefits of cocoa. Could a drug used to treat alcohol addiction help limit binge drinking? Gene editing can reduce the amount of cancer-linked acrylamide in wheat. Will it significantly improve public health?

### Podcast:

[https://geneticliteracyproject.org/wp-content/uploads/2023/03/Cam\\_202\\_final.mp3](https://geneticliteracyproject.org/wp-content/uploads/2023/03/Cam_202_final.mp3)

### Video:

Join geneticist Kevin Folta and GLP contributor Cameron English on episode 207 of Science Facts and Fallacies as they break down these latest news stories:

- [Is chocolate good for you? Claims that dark chocolate can lower heart disease risk need second look, FDA says](#)

Some candy companies have asked the US Food and Drug Administration (FDA) for permission to promote the heart-health benefits of dark chocolate. Research has indeed linked moderate cocoa intake to a reduced risk of cardiovascular disease, though the FDA says the association needs to be studied more rigorously before candy makers can market their products as heart-healthy treats.

- [Cure for binge drinking? This endorphin-blocking pill could help people consume less alcohol](#)

The drug naltrexone is already used to treat severe alcohol use disorder by blocking endorphins responsible for the euphoria we feel when we drink. Now, researchers say the drug could be used to reduce the appeal of binge drinking, which could help prevent addiction in the first place. Will it work?

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- [Gene-edited wheat 'significantly lowers levels of cancer-linked acrylamide which forms when bread is baked or toasted'](#)

When some grains are cooked, they accumulate a chemical called acrylamide, which researchers have linked to an increased cancer risk. Although most acrylamide-containing foods pose minimal risk in the quantities we typically consume them, gene editing can be used to reduce how much of the chemical results from the cooking process. What does this development tell us about the power of biotechnology to

boost the safety of our food supply?

Listen to the podcast here: <https://tinyurl.com/33kj5wvh>

**Kevin M. Folta is a professor, keynote speaker and podcast host. Follow Professor Folta on Twitter [@kevinfolta](#)**

**Cameron J. English is the director of bio-sciences at the [American Council on Science and Health](#). Visit [his website](#) and follow ACSH on Twitter [@ACSHorg](#)**