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## Abstract

### Functional food products containing chocolate: probiotic, prebiotic and synbiotic

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**Statement of Problem:** Functional food is a kind of food which besides nutritional properties has a positive effect on the consumer's health, in other words, it has a medicinal value beyond its nutritional value. Nowadays, with increasing awareness of consumers about general health and their attention to the role of food in health, consumption of functional foods, food products that will lead to beneficial effects on the health of the consumer became popular. On the other side chocolate is an energy source with fast metabolism and good digestion. The reason for the growing chocolate consumption besides being nutritious, is its unique taste, texture, and sense of enjoyment during consumption and it is now a popular product for all age groups.

**Research Purpose:** This review article discusses the various types of chocolate-containing functional foods including probiotics, prebiotics and synbiotics, their characteristics and their effects on consumer's health and also the researches that have been done on this area.

**Results and Conclusion:** Consumption of functional foods containing probiotics can reduce the risk of cancer, improve heart health, strengthen the immune system, reduce menopausal symptoms, improve the health of the digestive system and urinary tracts and etc. Probiotics are nutritional compounds that selectively improve both the activity and composition of microflora that reside in the intestine and thereby provide host's health. Reducing colorectal cancer and inflammatory intestine disease, increasing mineral uptake and lowering blood cholesterol are the most important beneficial effects attributed to prebiotics. Synbiotics are a combination of probiotics and prebiotics with many reported health effects.



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The health effects of synbiotics are summarized in two cases, including the positive effects of increasing probiotics and the beneficial effects of the prebiotic compounds themselves.

**Keywords:** chocolate, functional, probiotic, prebiotic, synbiotic.