EBSCOhost databases

Search a large collection of online scholarly journals, newspapers,

EBSCO provides databases on a wide range of subject areas - from Health to Art to Engineering. The instructions below show screenshots from the MasterFILE Premier database, using the Basic Search; the search screen and options are the same for all the EBSCO databases.

- Log in to the database with your Network / Moodle username and password
- Choose the Basic Search option

Tips for using EBSCO databases

- There's no need to enter your search as a sentence (e.g. The effect of eating chocolate on blood pressure). Instead, just enter the words that need to show up in your search results (e.g. chocolate blood pressure). There's no need to put AND between words or use punctuation, such as commas, to separate words.
- Any auto-suggested words or phrases that pop up while entering your search words are popular searches only. Selecting one of these suggested options won't necessarily lead to better results.

Refine Results

Limit To

- Full Text
- Peer Reviewed
- Image Quick View

1993 Publication Date 2016

Show More

Source Types

- All Results
- Magazines (118)
- Newspapers (14)
- Academic Journals (12)

Show More

Subject

- blood pressure (57)
- chocolate (54)
- cacao (26)
- cocoa (26)
- health (23)
- antioxidants (22)

Show More

Managing your search results

The **Refine Results** menu (to the left of your list of results) has great options to increase their relevancy :

- Use the Subject menu to refine your results to subjects similar to your search words. Click on Show more so you can view the entire list of subjects and select more than one at a time.
- Choose the Source Type for your results (e.g. results from Academic journals).
- Choose a Publication Date range for your results.

Browsing & bookmarking your results

As you browse your results you can select the ones of interest by clicking on the folder with the + (as shown below). The results you select will be added to a temporary folder to the right of your results. Click on Folder view to view your selection and edit, print, email, export or save those results.

1. **Chocolate & Blood Pressure.**
   Nutrition Action Health Letter. Sep2007, Vol. 34 Issue 7, p8-8. 1/3p. Reading Level (Lexile): 930.
   Subjects: CHOCOLATE; BLOOD pressure; FOOD -- Caloric content; HYPERTENSION; BLOOD-
   Periodical
   HTML Full Text   PDF Full Text (112KB)

Folder has items

- Chocolate Blood Pressure...

Go to: Folder View

Accessing your results

For a brief overview of a result, click on page and magnifying glass icon (as shown below). To open the full record click on the result or the link to the Detailed record. Results displaying a link to the Full Text provide access to the entire article with options to save, email or print.

4. The **Chocolate** Cure.
Good Housekeeping. Feb2013, Vol. 256 Issue 2, p69-69. 1p.
Subjects: PHYSIOLOGICAL effects of **chocolate**; REGULATION of **blood pressure**; COCOA

HTML Full Text

5. Your Cho

6. A Bite of

7. HEALTH

A Bite of Dark Chocolate Helps Blood Pressure.

Source: Tufts University Health & Nutrition Letter

Date: 2007

Publication Type: Periodical

Subjects: BLOOD pressure -- Research; CHOCOLATE; DIET in disease; HYPERTENSION -- Research; FLAVONOIDS -- Research

Abstract: This article discusses the positive effects of dark chocolate on blood pressure. Research has determined that small amounts of the candy were as effective at lowering blood pressure as other non-pharmaceutical measures. The researchers indicated that the positive blood-pressure results were due to the cocoa's flavonols.

HTML Full Text   PDF Full Text(130KB)   Add to folder   Detailed Record

Subjects: VENICE (Italy); ITALY; **CHOCOLATE** candy; OMEGA-3 fatty acids; FISH oils -- Therapeutic use; COOKING; AGING -- Prevention

PDF Full Text (1.1MB)

Results with Article Link beneath them (as shown below) do not link to the 'full text'. Click on Article Link to initiate a search for the item across all the Library's database subscriptions.

10. **Blood Pressure** Is Reduced and Insulin Sensitivity Increased in Glucose-Intolerant, Hypertensive Subjects after 15 Days of Consuming High-Polyphenol Dark **Chocolate**.

By: Grassi, Davide; Desideri, Giovambattista; Necozione, Stefano; Lippi, Cristina; Casale, Raffaele; Properzi, Giuliana; Blumberg, Jeffrey B.; Ferri, Claudio. *Journal of Nutrition*. Sep2008, Vol. 138 Issue 9, p1671-1676. 6p. 1 Chart, 3 Graphs.

Subjects: NITRIC oxide; BIOAVAILABILITY; ENDOTHELIUM; CARDIOVASCULAR diseases; GLUCOSE tolerance tests; BLOOD sugar

Article Link

If the Full text is available in another database, you'll be provided with the link to it (as shown below).

Blood Pressure Is Reduced and Insulin Sensitivity Increased in Glucose-Intolerant Consuming High-Polyphenol Dark Chocolate.
Grassi, Davide
The Journal of nutrition. , 2008, Vol.138(9), p.1671

● **Fulltext available**

Available Online   Details

Open source in a new window

Full text: **Highwire Press Free**
Available from 1997 Volume: 127 issue: 1
Most recent 1 year(s) not available

Report an issue with this title

Here's the result for an item where the full text is not available online from another database (note the words 'check availability').

Chocolate lovers: 6 reasons to cheer.
Ingall, Marjorie

Health. , 2006, Vol.20(10), p.55

● **Check availability**

Available Online   Details

Open source in a new window

It looks like we don't have this in the Library
Please submit an Interloan request if you would like us to get it for you

Report an issue with this title
Request an Interloan

Although it's not available online, it's worth checking if the Library has the journal the article is in on the Library shelves.

If we don't have the journal in the Library, choose the option to place a free interloan request for the article.

Detailed record of a single result in EBSCO databases

Read the abstract and open the article, if a full text option available.

Options to bookmark, email, cite, save or export the result to a reference manager like Mendeley or Zotero .

‹ Result List │ Refine Search ‹ 6 of 151 ›

A Bite of Dark **Chocolate** Helps **Blood Pressure**.

Detailed Record	**Source:** Tufts University Health & Nutrition Letter. Oct2007, Vol. 25 Issue 8, p5-5. 1/2p.
HTML Full Text	**Document Type:** Article
PDF Full Text (130KB)	**Subjects:** BLOOD pressure -- Research

Subjects: BLOOD pressure -- Research
CHOCOLATE
DIET in disease
HYPERTENSION -- Research
FLAVONOIDS -- Research

Abstract: This article discusses the positive effects of dark **chocolate** on **blood pressure**. Research has determined that small amounts of the candy were as effective at lowering **blood pressure** as other non-pharmaceutical measures. The researchers indicated that the positive **blood-pressure** results were due to the cocoa's flavonols.

Lexile: 1400

Full Text Word Count: 536

ISSN: 1526-0143

Accession Number: 27076729

Detailed Record

HTML Full Text

PDF Full Text (130KB)

Related Information

Find Similar Results
using SmartText Searching.

The Find Similar results option—searches for other items with similar words in their Abstract and Subjects fields.

guage ▼ Translate

f Dark **Chocolate** Helps **Blood Pressure**

Tools

- Google Drive
- Add to folder
- Print
- E-mail
- Save
- Cite
- Export
- Create Note
- Permalink
- Share
- Listen
- Translate