

HEALTH BENEFITS AND EVOO FACTS

You already know that olive oil is chock-full of healthy fats. But here's another reason to cook with it: Olive oil might actually help "turn off" genes that could harm your heart.

In a study, eating a diet with lots of polyphenol-rich olive oil helped suppress genes related to heart-damaging inflammation and oxidation. Quite the modern-sounding health benefit for oil, that's been around since the days of Homer.

Mediterranean Magic

In fact, olive oil has been a dietary staple in Greek and other cultures for millennia. And it seems those Greeks really have a good thing going. In a study where people ate either olive-oil-infused Mediterranean meals or their regular diet for 3 months, the olive oil group's blood tests suggested better heart health. Specifically, their tests showed fewer markers of inflammation and oxidative damage -- thanks in part to a reduced expression of genes that influence these harmful processes.

Oil Me Up

DNA damage and atherosclerosis also were slowed in the olive oil group. But most of these good-for-your-heart changes were more pronounced in a select group of participants who were given an extra-polyphenol-rich version of olive oil, leading researchers to suspect it's the polyphenols that make olive oil so good for your heart. Study results help confirm that olive oil is one of the key reasons Mediterranean diets are so good for overall health.



Olive oil is the only vegetable oil that can be consumed as it is - freshly pressed from the fruit.

In addition to adding depth to the flavor of food, olive oil offers many health benefits.

Substituting olive oil for saturated fats or polyunsaturated fats can:

- Reduce blood pressure
- Inhibit the growth of certain cancers
- Benefit people with diabetes
- Lessen the severity of asthma and arthritis
- Help your body maintain a lower weight
- Reduce gastrointestinal problems, to name a few...