

EATING WELL THE BENEFITS OF OLIVE OIL



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Essential fatty acids are integral to your body's health.

Without them, your body cannot properly absorb fat-soluble vitamins, such as Vitamins A, D, E and K. Olive oil is an excellent source of monounsaturated fatty acids, phenols and antioxidants. Consuming olive oil is a good way to help fill your body's daily requirement of healthy fats.

Antioxidants lower your 'bad' (low-density lipoprotein – or LDL) cholesterol. In fact, the Mayo Clinic, a world-renowned nonprofit health and medical organization, lists olive oil among its top FIVE foods to lower your cholesterol.

Antioxidants also help neutralize free radicals, which are unstable molecules that cause damage to your cells. Extra-virgin olive oil is even better because it's less processed and has more antioxidants.

Monounsaturated fats, like those contained in olive oil, should be consumed in moderation as part of an all-round healthy eating plan. Health Canada's Food Guide recommends adults consume between 30-45 mL (2 – 3 tablespoons) of unsaturated fats per day.

TIP



Be sure to keep olive oil in a cool, dark cupboard or even in the fridge to help protect its flavour and its nutritional value.

And remember, the type of fat you consume is just as important as the amount (or calorie-count) consumed.

Olive oil uses:

- Sauté
- Stir fry
- Marinade
- Salad dressing
- Dipping (especially instead of using butter or hard margarine on bread)
- Baking vegetables in the oven



Plus, olive oil has excellent moisturizing properties for the skin and hair!

Benefits of including healthy dietary fats:

- Helps the body absorb necessary vitamins from other dietary sources
- Lowers the risk of heart disease and stroke
- Lowers 'bad' (LDL) cholesterol levels
- Helps normalize blood clotting
- Benefits insulin levels and blood sugar control
- Slows down the narrowing of artery walls (atherosclerosis)

FOR MORE INFORMATION

Health Canada Food Guide

National Cancer
Institute (U.S.)

Mayo Clinic

Heart & Stroke Foundation



**Always consult your doctor to find out what's right for you.*