



MEDITERRANEAN DIET

What is the Mediterranean diet?

People who eat a “Mediterranean diet” have been shown to have a remarkable variety of health benefits. Olive oil has been more than just food for the people of the Mediterranean: it has been medicinal, magical, an endless source of fascination and wonder and the fountain of great wealth and power. Olive oil can quickly satisfy hunger and lead to fewer total calories ingested at mealtime. Studies suggest that olive oil decreases rates of cardiovascular disease and cancer.

Extra virgin olive oil is one of the few oils that can be eaten without chemical processing. Nearly every other vegetable oil has been detoxified and refined with steam and solvents. Fresh pressed olive oil can be eaten immediately and retains the natural flavours, vitamins, minerals, antioxidants, and other healthy products of the ripe olive fruit. Most doctors advocate lowering total fat and calories in your diet and substituting butter, margarine and tropical oils with **healthy fats like olive oil**.

Can olive oil prevent heart attacks?

The question commonly asked is what is in olive oil that helps lower heart attack risk? Less blood clotting would mean fewer heart attacks, olive oil is said to affect the blood's basic ability to form clots and lower the pro coagulant tendency of fatty meals, which could explain the low incidence of heart attacks in Mediterranean countries.

Is olive oil healthier than margarine?

Studies suggest that margarine is worse than animal fats in its artery clogging potential. Saturated fats, the ones that stay solid at room temperature, are not as good for you as unsaturated fats such as vegetable oils. Both saturated animal fats (butter) and plant oils (margarine) have been shown to be unhealthy for the heart. It is recommended to dip or drizzle unsaturated or monounsaturated oils like olive oil on your food instead of spreading margarine.

What are the health benefits of anti-oxidants and polyphenols?

The antioxidant activity of polyphenols has shown promising results with respect to:

- Atherosclerosis (Heart disease)
- Antimicrobial Activity (Inhibit Bad Bacteria)
- Cancer
- Oxidative Stress from Passive Smoking
- Skin Damage and Photo protection (Over Exposure to Sun Rays)

Olive oil contains a high percentage of monounsaturated fat, which is healthier than the polyunsaturated fats found in corn oil and much healthier than the saturated fats found in butter. Because olive oil is vegetable based, it contains no cholesterol.

Villa Pileggi Olive Oil

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