Eat Olives to Lose Weight: Olive Oil Nutrition Explored

Olive oil is one of the most popular cooking oils around. It is found in recipes, dressing and sauces and has a flavor and texture that are beloved by many people who appreciate good food. However, did you also know that olive oil can be quite healthy? The heart-healthy oil is an essential part of a balanced diet. Below are some olive oil nutrition facts and tips for your diet plan.

Look at the Mediterranean

Olive oil is native to the Mediterranean and countries such as Greece. When researchers look at the overall health of countries where olive oil is a main staple diet, the findings are astounding. There is a strong correlation between olive oil and longevity and health. While many researchers are still understanding this fact and finding ways to bring that health to the public, the message is clear. Consume high quality olive oil for health benefits.

Eliminate Free Radicals

Olive oil is packed with antioxidants. That word is often used as a buzzword to mean good health, and you may wonder what it means. Those antioxidants fight natural oxidation of the human body. Oxidation leads to free radicals or unstable atoms and molecules, which are what leads to cellular death or deterioration, and in the long run, cancer. Foods rich in antioxidants help maintain a balance between the general aging of cells, and a risk of mutating cells leading to cancer.

Improve Your Overall Health

Olive oil seems to have an endless list of health benefits. The rich, heart healthy fats that the oil contains help maintain healthy blood pressure. This in turn reduces risk of heart disease, which is one of the major causes of death in Western cultures. Additionally, a diet rich in olive oil has shown improved brain health and can even prevent or delay the onset of diabetes. You may also find that an uptake in your olive oil consumption will lead to greater weight loss than a low-fat diet full of butter substitutes.

Not All Fat is Bad Fat

Olive oil is full of fat and this isn't necessarily a bad thing. Olive oil does not have the type of fat that will clog your arteries and give you a heart attack. That type of fat is known as saturated fat. Olive oil is loaded with monounsaturated fats and polyunsaturated fats, both of which are packed with essential nutrients and vitamins. Consuming these "good" fats can actually increase heart health. The oil is full of antioxidants and other powerful healing properties.

Next time you are cooking or making salad dressing, add an extra swig of olive oil. The health benefits in it are amazing and the olive oil nutrition will help your body reach optimal health. Whether you are trying to lose a certain amount of weight or simply be healthier, olive oil can help. Purchase high quality olive oil for maximum health benefits and taste.