

✦ Health & Nutrition ✦

Men and women around the world are increasingly discovering that good nutrition means a healthy and improved lifestyle. It adds energy and joy to living. Olive oil plays a vital role in a well-balanced, healthy diet. Recent studies have shown that olive oil, when used as a substitute to other fats, (rich in saturated fats), is able to ward off a number of conditions which can undermine our health.



Olive Oil: the Healthy Choice

To choose olive oil is to choose a healthy lifestyle. To choose Bonamini olive oil is to choose to be healthy without losing taste and quality.



The type of fat you consume, and the fatty acid composition of your diet, is essential to your health. All fats, whether solid or liquid, are made up of a certain quantity of mono unsaturated, poly unsaturated and saturated acids.

Saturated acids in particular are very dangerous to the health because they increase the amount of "bad" cholesterol in the blood. And it is precisely the oxidation of this "bad" cholesterol, called LDL (Low Density Lipoprotein) that is believed to be the main cause of cardiovascular disease and arteriosclerosis.

Antioxidants within the olive oil

Olive oil contains also a lot of natural nutrients, such as antioxidants (vitamin E and polyphenols). There are indications that regular usage of olive oil, in particular extra virgin olive oil, may reduce the oxidation of cells and the level of bad cholesterol, helping protect the body from harmful substances called free radicals.

The composition of olive oil

The main feature of the fatty acid composition of all olive oils is a high level of mono unsaturated acid. Mono unsaturated acid accounts for over 70% of total fatty acids. In addition olive oil generally contains about 10% poly unsaturated acid and only around 14% of saturated fatty acids. This is a nutritionally balanced composition in line with the most modern dietary guidelines.

	Monounsaturated Fat	Polyunsaturated Fat	Saturated Fat
Olive Oil	77%	9%	14%
Canola Oil	62%	32%	6%
Peanut Oil	49%	33%	18%
Corn Oil	25%	62%	13%
Soybean Oil	24%	61%	15%
Sunflower Oil	20%	69%	11%
Safflower Oil	13%	77%	10%

Average data