



## THE HEALTH BENEFITS OF olive oil

Oils are high in fat and calories — so why does olive oil have a reputation as a health food? Not all fats are unhealthy if you consume small to moderate amounts. Extra virgin olive oil is a healthy choice because:

- It's high in monounsaturated fats. These fats help lower bad cholesterol, decreasing the risk of heart disease and stroke.
- It's low in saturated fat. Eating high amounts of saturated fat can raise cholesterol levels. When you replace saturated fats with healthier ones like olive oil, you can lower your risk of heart disease. Examples of foods with high saturated fats include fatty meat, cream, lard, butter and cheese.

Use extra virgin olive oil in place of lard, butter or coconut oil to increase healthy fats in your diet.

Source: American Heart Association

