

Using the social media to promote dietary oils.

"Half a Tablespoon of Olive oil Per Day Reduce Heart Attack and Lower Bad Cholesterol."

https://youtu.be/vXZ_0IH6u8c



By Observational health writer- by Dr Harold Gunatillake FRCS, FIACS, FICS, AM(Sing), MB, BS

The Mediterranean people like the Greeks and the Italians the incidence of cardiovascular disease is lower than the others is attributed to their traditional Mediterranean diet which includes olive oil, and not attributable only to olive oil as boasted in the above linked video.

Epidemiological studies provide evidence that the favourable health status of the Mediterranean people including the Greeks and the Italians, though their private and state healthcare systems is inferior compared to those of Northern European people, and the smoking rate is high, the mortality rate from heart disease seems to be low.

It is due to the diet which includes plenty of veggies, wholemeal bread, potatoes, tomatoes, legumes/beans nuts and seeds and fruits with less meat consumption as well as physical activity and the climate -all responsible for the phenomenon.

There life expectancies and lower incidence rate of mortality is to be credited and studied by other countries.

In contrast let us observe the situation in Eastern Mediterranean Regions referring to Arab countries, Afghanistan, Iran, also use olive oil in their cuisines, may be not to the same extent as the Greeks and the Italians, but their dietary habits nowhere can be compared to

those in the Mediterranean belt. They are obese and indulge in less physical activities.

Greece ranks 16 on a 2007 list of fattiest countries with a percentage of 65.5% of its citizens with an unhealthy weight. This contrasts with the individuals of the past Mediterranean countries like Greece known to live a healthy lifestyle.

Let us talk about the French paradox. That observation of low coronary heart disease death rates despite high intake of dietary cholesterol and saturated fats, formulated by French epidemiologists in the 1980s was remarkable. They do not use olive oil in their cuisines and salads like the Mediterranean's, but more popularly use flavourless oils, like peanut, vegetable, or canola. They do use olive oil for Mediterranean-inspired dishes, and more used in the South of France. France is a small producer of olive oil compared to neighbouring Spain and Italy.

The Japanese have done better. Their mortality from cardiovascular disease is lower because their intake of red meat is low and high intake of fish, and plant-based items like soybeans and non-sugar-sweetened beverages.

Their method of eating habits is different: eating small quantities more often.

According to Euromonitor, Japanese adults on average drink 4.4 shots of hard liquor per week, the fifth highest in the world behind top two South Korea and Russia. Japanese laws on drinking in public are generally relaxed.

Japanese people though living longer than the Mediterranean people like the Greeks and Italians, do not use olive oil in their cuisines.

Rapeseed oil using canola seeds is the top oil in Japan in terms of both demand and production.

Japanese live longer than the Mediterranean people, though the olive oil usage is nil.

The above linked video obviously has commercial interest. It is admitted that Extra Virgin Olive Oil is the Healthiest fat for the European people, just like extra virgin coconut oil a product of a tropical fruit, for the Asians and the Pacific Islanders.

Please share.