



Why Olive Oil Isn't a Health Food

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Most people have heard and read that olive oil is healthy, and that they should be consuming it often. This common misconception comes from the presence of olive oil in the Mediterranean diet, which is heart-healthy compared to the [standard American diet](#).

In the [NutritionFacts.org](#) video below, Dr. Greger looks at the research on how olive oil affects artery function. [All oils](#), including olive oil, have been shown to cause a constant and significant decrease in endothelial function after meals. However, just adding some vegetables to a fatty meal can partially restore blood flow and arterial function. It turns out that the Mediterranean diet is healthier for the heart than the standard American diet because it is rich in fruits and vegetables. In other words, it is healthier despite the oil.

Refer to [NutritionFacts.org](#) for a list of [Dr. Greger's sources](#).