

The extra virgin oil is good for breakfast

According to a study by the Cordoba University published on BMC Genomics, the early morning is the optimal time to make the best of the olive oil benefits

by Ernesto Vania

Seven months ago a group of the Cordoba University lead by Francisco Perez-Jimenez published on BMC Genomics an interesting study about the beneficial properties of the olive oil.

The study was carried on 20 patients affected by metabolic syndrome, a condition typically linked to an increased risk of cardiovascular diseases and type-2 diabetes. The patients were divided in two groups:

- 10 patients were provided of an olive oil-based breakfast for the whole experiment period
- 10 patients were provided by other kinds of oils, such as seed oils.

The experiment lasted six weeks and the only difference between the two groups concerned the breakfast diet. Both the groups were forbid to take any kind of vitamin or diet supplements.

After six weeks a genetic survey was carried on the two groups. The results demonstrated how the olive oil influenced the activity of 98 genes, most of which were involved in inflammatory processes. Hence, a phenol-based breakfast is able to lower the risk of inflammatory conditions.

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