

To prevent obesity in children the olive oil is better than other vegetal fats

A preliminary study on the food habits of children shows a possible new property of extra virgin olive oil

by S. C.

A new study recently published on the European Journal of Endocrinology showed a possible new property of extra virgin olive oil. The research demonstrated that a preferential consumption of olive oil in children correlated with a lower risk of fattening in respect to other oils.

The study was performed on 90 children between 13 months and 14 years old. Besides assessing the dietary habits and the physical activity, subcutaneous fat tissue samples were also taken in order to evaluate the average adipocyte dimensions, the number of preadipocytes and the concentration of specific acid fats.

After a year of observation, the children that consumed olive oil only showed a reduced probability (- 78%) of the increment of the BMI Z-score compared to basal conditions (OR=0.22 95% IC: 0.08-0.63, p=0.005).

This result held even after the normalization for other factors, such as age, physical activity, BMI or adipocyte volume.

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