

Olive oils can prevent infantile diseases

According to many physicians and scientists, such as the pediatrician and neonatologist Giuseppe Caramia, extra virgin olive oils are important ingredients of preventive medicine

by S. C.

According to Professor Giuseppe Caramia, Consultant of Pediatrics and Neonatology, “extra virgin olive oils contain polyunsaturated fat acids in percentages very similar to breast milk”. “Moreover, thanks to its minor constituents, such as squalene, phenols, polyphenols, chlorophyll and vitamins (A, D, E, K), it is very important for the baby wellbeing. This is the reason why this important element of the Mediterranean diet is considered as a nutraceutical food: it is the best present we can do to ourselves for our health. It makes our life tastier and more pleasant, too”.

However, not all the oils are the same. In order to get the most of the health properties of extra virgin olive oil it is important to buy a certified bottle. “The Consortium for the quality of Extra Virgin Olive Oils (CEQ) is committed every day in a battle for the control of the oil quality”, says Elia Fiorillo, Head of the CEQ. “Our members follow very strict rules during the production processes. Our battle is first of all a cultural one: it is important that people understand the nutritive properties of oil; at the same time it is pivotal that producers respect very strict rules on quality”.

Professor Caramia also recalls that the American FDA recognizes the healthy properties of extra virgin olive oil, whenever taken in small quantities: two teaspoons a day circa (23 g). According to experts, olive oil can help a lot against cardiovascular diseases.

The CEQ Consortium works from many years for the realization of superior-quality products. The members of the consortium, which come from every category of the production process, follow the very strict rules imposed by the CEQ. As a matter of fact, in order to get a very high quality extra virgin olive oil, it is important that all the steps of the production process, from gathering to packaging and distribution, are committed to high standards. Only properly treated and preserved oils can in fact preserve all their nutritive and healthy properties and avoid the physiological oxidative processes.

Source: Riccardo Fraddosio

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