

Editorial Special Manufactured Cooking Olive Oil – Better for Health

Dr. Azhar Masud Bhatti

Addl. Director Health Services, EPI Punjab, Lahore

&
Editor in Chief

Cooking Olive Oil is a new concept for cooking oils that has been introduced for the first time in Pakistan by a company in technical collaboration with a firm of Spain. The cooking Olive Oil is the only available oil that combines some of the benefits of Olive Oil with the health related properties of Canola and Sunflower Oils which is affordable. Olive Oil is world famous over for its many wonderful and unique health properties. Studies have suggested that Olive Oil not only promotes a healthy heart but also given protection against developing Diabetes, Blood Pressure and some forms of Cancer. Unfortunately Olive Oil is a very expensive Oil, and also has a strong flavour which is not suited to Pakistani cooking.

The new cooking Olive Oil is the only cooking oil that combines the key health benefits of Olive Oil into an affordable and great tasting formulation of premium quality Canola and Sunflower Oils. That Oil does this by incorporating Hydroxytyrosol into its formulation. Scientific research has discovered that Hydroxytyrosol is the main antioxidant compound of Olive Oil and the key constituent that gives Olive Oil many of its health properties. Hydroxytyrosol has been shown by biomedical researchers to promote Heart and Cardiovascular Health, lower Cholesterol, reduce the risk of developing Diabetes, reduce inflammation and protect cells, especially brain cells – against oxidative stress. The formulation of that cooking oil is designed to keep the amount of saturated fats to less than 10%, an advantage over pure Olive Oil that has higher saturated fat. In addition to this, that cooking oil contains Omega 3 from Canola and Omega 6 and alpha tocopherols (Natural Vitamin E) from Sunflower.

Health Benefits of Olive extract and Hydroxytyrosol or HT are mentioned below:

Heart Health: Research has shown that HT plays an important role in the Cardio-protective properties of Olive Oil, as it is believed to improve the blood lipid profile, reduce risk of Thromboses, reduce harmful effects of lipid oxidation and reduce the atherosclerosis development and is anti-inflammatory.

Cancer: Research suggests that the anticancer effects of Olive Oil are due to HT. It has been shown that HT imparts the same anti-cancer benefit by arresting the cell cycle and inducing apoptosis in tumour cells. Moreover, Hydroxytyrosol is a powerful anti-oxidant and has anti-inflammation properties. These characteristic also contribute to its anti-cancer characteristics.

Diabetes: Research suggests that HT may help in preventing type-2 Diabetes due to its mitochondrial targeting property. Moreover HT is shown to be beneficial for Diabetic individuals as it inhibits hyperglycemia and oxidative stress. It also help to prevent related Diabetic complications. HT also reduces the risk of thromboses in Diabetic patients due to its anti-aggregating platelet action.

Brain Health: HT has also been shown by researchers to promote brain health and have Neuro-protective properties. HT does this by protecting Brain cells against oxidative stress and in combination with Vitamin C and E may afford protection against degenerative diseases such as Alzheimer.

Anti-oxidant and anti-inflammatory: HT is shown to be a powerful antioxidant, and protects the body cells against oxidative stress. Apart from having Cardio-protective and Neuro-protective effects, the anti-oxidant property of HT protects body cells and specific organs such as RBCs, Liver, and Eyes from the harmful effects of lipid oxidation. HT is also known to improve the condition of patients suffering from Osteoarthritis and Rheumatoid Arthritis by reducing inflammation.

Cholesterol Free, Transfat Free, and low in saturated fats: The new cooking oil is naturally free of cholesterol and trans fats and is formulated to contain less than 10% saturated fats. This is within the range advised by health experts that saturated fats should not be more than 10% of daily calorific needs.

Omega 3 & 6: Omega 3 & 6 are polyunsaturated fatty acids (also called Essential Fatty Acids or EFA) that are not made by the human body and hence must be consumed to fulfill the need. Numerous studies have shown that Omega 3 reduces the risk of heart attacks and strokes. As Canola Oil is a good vegetable source of Omega 3. Sunflower Oil is rich in Omega 6 and because Omega 6 is an EFA. Omega 3 and 6 both are the major part of the manufactured cooking Olive Oil in Pakistan.

Vitamins A, D & E: Locally manufactured cooking Olive Oil is fortified with Vitamins A, D and E. Vitamin E is itself a powerful anti-oxidant and acts in synergy with Hydroxytyrosol to protect the human body from oxidative stress. Apart from added Vitamin E, the inclusion of Sunflower Oil also enhances the Vitamin E content of that cooking Olive Oil as Sunflower Oil is naturally rich in this Vitamin (alpha-tocopherol). Vitamin E is believed to protect against heart disease and cancers and enhance the immune function.