

## 5 best reasons to include olive oil in your diet

- 1. Heart protection (better cholesterol + blood vessels)**  
Extra-virgin olive oil (EVOO) is rich in **monounsaturated fat (oleic acid)** and antioxidant polyphenols, which support healthier LDL/HDL balance and vascular function.
  - 2. Powerful anti-inflammatory + antioxidant effects**  
EVOO polyphenols help reduce oxidative stress and inflammation—key drivers of cardiometabolic disease and many chronic conditions.
  - 3. Supports blood sugar control + metabolic health**  
Using olive oil in place of refined carbs or saturated fat can improve post-meal glucose response and insulin sensitivity.
  - 4. Brain benefits**  
Healthy fats + polyphenols support brain health and may help protect cognition over time (a “Mediterranean diet” staple).
  - 5. Gut + satiety benefits (helps people eat better overall)**  
Olive oil can support a healthier gut environment and tends to increase meal satisfaction, which may reduce snacking and ultra-processed food cravings.
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**Which type is best?**

**Best overall: *Extra-Virgin Olive Oil (EVOO)***

Choose EVOO when you want the **most polyphenols/antioxidants** and the best overall health value.

**How to pick a good EVOO (quick checklist):**

- Look for “**extra-virgin**” (not “pure,” “light,” or just “olive oil”)
- Prefer **dark glass** or a **tin** (protects from light)
- Look for a **harvest date** and choose the most recent
- Store **cool + dark**, and use within a few months after opening for best flavor

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## When to use other olive oils (and other oils)

- **EVOO (best for):** salad dressings, dips, drizzling, finishing, sautéing/most everyday cooking (especially low–medium heat).
- **Virgin olive oil:** decent option if EVOO is too pricey; fewer polyphenols but still good.
- **Refined “olive oil” / “pure” / “light” olive oil (best for):** **higher-heat cooking** when you don’t want olive flavor; fewer antioxidants than EVOO.
- **Avocado oil (high heat):** searing/stir-fry; neutral flavor.
- **Canola or high-oleic sunflower/safflower (neutral):** baking or neutral-taste cooking.

*(Note: If you’re doing very high-heat searing often, using a refined oil can be practical; keep EVOO for most other uses.)*

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## Simple copy-paste version

### Olive oil: 5 best reasons

1. Improves heart health (better cholesterol + blood vessels)
2. Anti-inflammatory + antioxidant (polyphenols)
3. Supports healthier blood sugar response
4. Supports brain health (Mediterranean diet staple)
5. Helps satiety + overall diet quality

**Best type:** Extra-Virgin Olive Oil (EVOO)

### When to use which:

- **EVOO:** dressings, drizzling, finishing, sautéing/low–medium heat
- **Virgin:** budget alternative to EVOO
- **Refined olive oil (“pure/light”):** higher-heat cooking, neutral taste

If you want, tell me how you cook most (salads vs sauté vs high-heat sear), and I'll give a 10-second "which bottle to buy" recommendation.