Lets talk SUPER FOODS! Isn't OLIVE OIL incredible? Many of you know it looks and tastes great, but do you also know why it is SO HEALTHY for you? Well, read on to learn more.

One tablespoon (13g) of olive oil contains 119 calories, 14g of fat (2g of which is saturated fat), no carbohydrates and no protein. largely made up of monounsaturated fat, with 75% of its fat content coming from oleic acid, an omega-9 fatty acid.

Olive oil is high in antioxidant and anti-inflammatory phytonutrients, including polyphenols such as tyrosols, flavones, and anthocyanidins. It is a good source of vitamin E. And it is unusually high in oleic acid, which provides cardiovascular-protective benefits.

Vitamin E family contains eight antioxidants. In addition to scavenging free radicals and acting as an antioxidant, vitamin E helps with cell signaling, and helps facilitate the expression of immune cells.

Extra-virgin olive oil (EVOO) is the unrefined oil drawn from the first pressing of olives; it has the most delicate flavor and the greatest health benefits. Olive oils labelled "pure" or "light" or by other names are typically lower quality or blended oils that have undergone chemical treatment. It's best to avoid them.

Source page: https://www.precisionnutrition.com/encyclopedia/food/olive-oil 5/4/2020