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WVWS / Richardson J.
MULLIS
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Dr. Stacy R.M.
You need to send again
on it to R. Mullis
olive oil
Jim

November 11, 1985

TO: Stacy Richardson
FROM: HB
SUBJECT: Olive oil effects and message in MHHP

There's a simple message and a complex message in regard to olive oil. The simple basic message is for slogans. The more complex is for the intelligent reader involved in improving knowledge and skills about the effect of eating patterns.

The simple message might go something like this:

In the amount of oils usually eaten, olive oil has no important raising or lowering effect on blood cholesterol. So don't worry about it's occasional use, except for calorie density if you need to lose weight.

The more complex message is something like this:

Careful laboratory studies indicate that, compared to starches and sugars, olive oil neither raises nor lowers blood cholesterol level. Fed in place of saturated (meat and dairy) fats, it tends to lower cholesterol. Fed in place of polyunsaturated (vegetable) fats it tends to raise it slightly.

However, the olive oil picture is a little more interesting than that. In experimental diets exaggeratedly heavy in olive oil (40% oil), it appears to lower "bad" cholesterol, LDL cholesterol, without any effect on "good" cholesterol, HDL. But this is in quantities never used in natural diets.

In populations we have studied which consume sizable amounts of olive oil, at the level of 20% of calories daily, we find them singularly free of fatty artery disease and coronary attacks, for example, the Greek islands and southern Italy.

This finding combined with the lovely taste qualities of olive oil in an eating pattern increasingly emphasizing plant foods, make olive oil desirable in modest quantities in a recommended eating pattern for North Americans.

Other than its cost and considerable calorie density, as any other vegetable oil, it seems a heart healthy food. It is therefore perfectly reasonable to substitute olive oil for hard fats in cooking and to use olive oil as part of the vegetable oils used in salad dressings or in occasional deep fat frying.

"Them's the facts," close as I can see them, but I'm sure you can clean up the language!

Sp. R. Mullis, R. Luepke

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