



ELITE

Personal Training and Fitness Solutions

## HEALTH TIP OF THE WEEK

### 11/1 - Olive Oil and Weight Loss

**Which fat is the best to cook with for weight loss? While butter tastes great, and coconut oil is praised for being healthy, olive oil is the true superstar**

While there are plenty of benefits from eating raw vegetables, cooking them with some kind of fat — along with a medley of spices—can make eating your veggies a tastier experience. But which fat is the best to cook with for weight loss? While butter tastes great, and coconut oil is praised for being healthy, olive oil is the true superstar.

So, if you're not sure which oil to coat your brussels sprouts in before roasting them in the oven, reach for the olive oil. It supplies a myriad of health benefits and is superior in terms of weight loss.

How can I cook with olive oil? Olive oil can be used to sauté almost anything. Besides the obvious vegetables like onions, garlic, tomatoes, and peppers, try it when making scrambled eggs. And if you haven't tried crusty bread lubricated with seasoned olive oil, you've missed a delicious and nutritious treat. One caveat - don't use pure olive oil for stir frying in a wok. The smoke point is too low.

Should I use EVOO? Extra-virgin olive oil (EVOO) is a favorite because of additional health benefits such as preventing blood clots, improving the flexibility of blood vessels, and reducing the risk of certain cancers. However, it has too strong a flavor for some. If you don't care for the taste, look for a label that says "light". That olive oil will have a milder aroma and taste.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

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# WHY COOK WITH OLIVE OIL FOR WEIGHT LOSS?

- Olive oil is the best source for monounsaturated fat- the good fat. A diet rich in monounsaturated fats can help prevent weight gain. It also lowers total cholesterol, bad cholesterol and blood pressure.
- One tablespoon of olive oil supplies 10 grams of monounsaturated fats and only 2 grams of the bad saturated fat. This is significant when you consider the difference between butter and coconut oil.
- In comparison one tablespoon of butter contains 10 grams of saturated fat and only 3 grams of monounsaturated fat, while coconut oil has less than 1 gram of monounsaturated and 12 grams of saturated fat. Yikes. That's already 60% of your daily recommended amount of saturated fat in just one serving!
- Along with the healthy fat, olive oil is also rich in medium-chain triglycerides (MCTs) which promote healthy weight loss and maintenance.
- The American Diabetes Association has published research showing that olive oil may be beneficial in reducing belly fat and insulin sensitivity
- Olive oil is higher in polyunsaturated fat compared to other cooking oils. Polyunsaturated fats supply omega-6 and omega-3 fatty acids. These are essential fats that you can only get through food. Your body cannot produce them on its own.



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## Take-Home Message

**Note:** For all its health benefits, olive oil should be consumed in small quantities as it is high in calories (about 120 calories per tablespoon). More is not necessarily better. Be judicious in your use and you will enjoy healthy rewards.

FOR MORE DETAILED INFORMATION ON NUTRITION, SUPPLEMENTS, OR FOOD & DRUG INTERACTIONS, PLEASE CONTACT OUR OFFICE.

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