



Want to stay fit and healthy into old age? Eat a healthy diet and consume olive oil, Taiwanese and Spanish studies find respectively

Research from around the world published earlier this year shows that eating a healthy diet and consuming olive oil were both relevant in preventing frailty and cognitive impairment into old age.

Scientific studies from around the world, including research conducted in Taiwan, shows the importance of a healthy diet in preventing frailty and cognitive difficulties in later life, according to an editorial piece published in the nutrition journal "Current Opinion in Clinical Nutrition And Metabolic Care" earlier this year.

The piece highlights that several recent studies have linked the Mediterranean diet, which frequently uses olive oil, to a lowered risk of frailty in older age.

Frailty is defined as a "distinctive health state related to the ageing process in which multiple body systems gradually lose their in-built reserves", according to the British Geriatric Society.

Some studies suggest that the link between lowered frailty and olive oil comes from its high levels of polyphenols: a type of antioxidant that may fight against ageing-related diseases including heart disease, high blood pressure and cholesterol.

The research highlights that other healthy diets can also have preventative effects on frailty; a survey by "Lo et al" in Taiwan found that a diet of fruits, nuts and seeds, tea, vegetables, whole grains, shellfish, milk and fish was inversely linked to frailty.

Another study carried out in Spain and cited in the same publication highlighted that consuming extra virgin olive oil might be linked to better cognitive function: in a randomised trial, a group consuming a Mediterranean diet with a supplement of extra virgin olive oil per week showed better performance in verbal tests and memory tasks after sticking to this diet for 6.5 years.

With the TAICHI project, co-funded by the European Union and promoted by the three major Italian olive oil associations, we offer useful tips on olive oil - from tasting guides to recipe ideas - at your fingertips. Moreover, thanks to the help of the most important experts in the olive oil sector, you can find answers to your questions or doubts on the best choice and use of olive oil.

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