



Long-term exposure to low-quality cooking oil fumes associated with chronic bronchitis, Taiwanese study finds

A study of non-smoking women over 40 in Taiwan showed possible links between exposure to cooking oil fumes and chronic bronchitis.

Scientists in Taiwan have suggested that cooking in a smoke-filled kitchen on a regular basis might worsen the progression of chronic bronchitis.

Women who said they cooked at least 21 times per week when they were between 20 and 40 years old were over four times more likely to develop chronic bronchitis than those who cooked less than 14 times per week, researchers from Kaohsiung Medical University found.

Cooking in a smoky kitchen was “significantly associated” with poor performance in lung function tests, in a study of almost 700 non-smoking women over 40 years old in Kaohsiung.

Common among middle-aged and older adults who smoke, chronic bronchitis is a long-term inflammation of the airways, which causes breathing difficulties.

However, previous studies have shown that **not all cooking oils are equal** – and that some can cause more harm than others. Particularly important is the smoke point of cooking oil (the temperature at which it starts to release smoke in the pan). Frying and deep-frying food using a type of oil that has low smoke point, such as canola or flaxseed oil, can lead to harmful compounds being released into the air.

Meanwhile, oils with higher smoke points such as **extra virgin olive oil**, soybean, peanut or sunflower oil are more suitable for high-temperature cooking, without the heightened risk of releasing harmful smoke into the air.

Extra virgin olive oil has the added health benefit of antioxidants, which helps to lower blood fat and cholesterol, according to the European Food Safety Authority. These antioxidants also slow down oxidation - another chemical process in cooking that affects the stability of cooking oil. A 2010 study found that extra virgin olive oil was more resistant to frying conditions than vegetable oil when heated to high temperatures over a 24-hour period.

With studies like these increasingly pointing to the health benefits of using olive oil for cooking, the international TAICHI project is spreading the word about this special ingredient to Mainland China and Taiwan.

Co-funded by the EU and promoted by the 3 most important Italian olive oil producers' consortia, the TAICHI project offers consumers all the information they need to understand olive oil through its website and OurOliveOil APP – available in the [App Store](#) and [Google Play](#).

To find out more about the TAICHI project, visit OurOliveOil.com

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