



## **Regular olive oil consumption may reduce blood clot formation in obese adults**

**Eating olive oil once a week may be associated with making blood less likely to clot in obese adults, according to preliminary research presented at an American Heart Association event in March.**

The regular consumption of olive oil, which is part of the Mediterranean diet and has been linked to other cardiovascular benefits, was observed to have a reducing effect on the number of blood cell fragments, known as platelets, which can stick together and form clots.

Platelets contribute to the buildup of artery-clogging plaque, known as atherosclerosis, a condition that contributes to most heart attacks and strokes.

Using food frequency surveys, researchers found that those among the 63 healthy, but obese, participants who ate olive oil at least once a week had lower platelet activation than participants whose ate it less often—the lowest levels were observed among those who ate olive oil more frequently.

“To our knowledge, this is the first study to assess the effects of dietary composition, olive oil specifically, on platelet function in obese patients,” said researcher Ruina Zhang, who is a medical student at New York University (NYU) and a co-author of the study.

Speaking at the American Heart Association’s Lifestyle and Cardiometabolic Health Scientific Sessions 2019 in Houston, Texas, she added that the study suggests that choosing to eat olive oil may have the potential to lower an obese person's threat of having a heart attack or stroke.

Because the study relied on questionnaires, Zhang noted that the preliminary study only measured frequency and not the quantity of how much olive oil participants ate. It was also an observational, so they could not yet prove that eating olive oil will reduce platelet activation in obese adults.

The Mediterranean diet has regularly been praised by scientists in published studies, thanks to its high consumption of vegetables, nuts, fish and extra virgin olive oil—the latter of which is high in a healthy monosaturated fatty acid called oleic acid.

Oleic acid can be found naturally in numerous food sources, notably in extra virgin olive oil which boasts a range of 55-83%. Of all available olive oils, Italian varieties are said to contain the highest levels of oleic acid, regardless of the cultivar or genetic heritage of the Italian olives used.

The international TAICHI project is spreading the word about the health benefits of using extra virgin olive oil for cooking to Mainland China and Taiwan.

Co-funded by the EU and promoted by the two main consortia of Italian olive growers, Italia Olivicola and UNAPOL, the TAICHI project offers consumers all the information they need to understand olive oil through its website, various social media platforms and OurOliveOil APP – available in the [App Store](#) and [Google Play](#).



CAMPAIGN FINANCED  
WITH AID FROM  
THE EUROPEAN UNION

THE EUROPEAN UNION SUPPORTS  
CAMPAIGNS THAT PROMOTE  
A HEALTHY LIFESTYLE.

[www.ouroliveoil.com](http://www.ouroliveoil.com)





**Sources:**

<https://newsroom.heart.org/news/eating-olive-oil-once-a-week-may-be-associated-with-making-blood-less-likely-to-clot-in-obese-people>

<https://www.abstractsonline.com/pp8/#!/6822/presentation/1742>

<https://www.prohealth.com/library/olive-oil-may-help-maintain-normal-blood-viscosity-90593>

To find out more about the TAICHI project, visit [OurOliveOil.com](http://OurOliveOil.com)

**Follow us**



THE EUROPEAN UNION SUPPORTS CAMPAIGNS THAT PROMOTE A HEALTHY LIFESTYLE.

[www.ouroliveoil.com](http://www.ouroliveoil.com)

