

OLIVE OIL AND PALM OLEIN ARE EQUALLY BENEFICIAL AGAINST CORONARY HEART DISEASE RISK

Olive oil is touted as the gold standard among all edible oils today; a reputation that has been gained primarily from its association of a lower incidence of heart disease among the Mediterranean populations who have traditionally consumed olive oil as their main dietary fat. The component of interest is the monounsaturated oleic acid content of olive oil, which on average is about 70% of its composition.



Palm Olein, the liquid fraction of **Palm Oil**, averages 47-53% of its composition as the same oleic acid that is found in olive oil and the other monounsaturated oils.

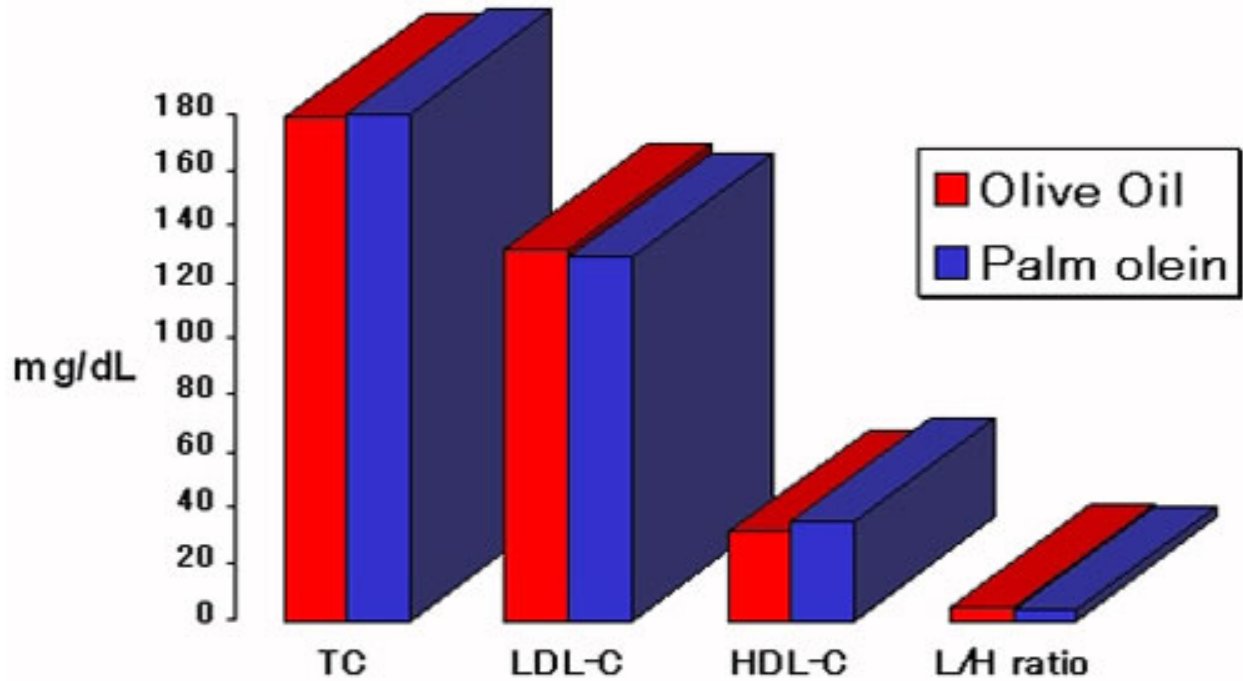


Did you know that despite the lower content of monounsaturated oleic acid in palm olein, the ability of olive oil and palm olein to regulate plasma cholesterol levels in humans is essentially identical.

Humans fed diets predominating as either olive oil or palm olein showed identical plasma cholesterol response which augers well for the beneficial effects of these oils against Coronary Heart Disease risk.

Study 1

Olive Oil and Palm Olein Have Similar Effects on Plasma Cholesterol in Humans

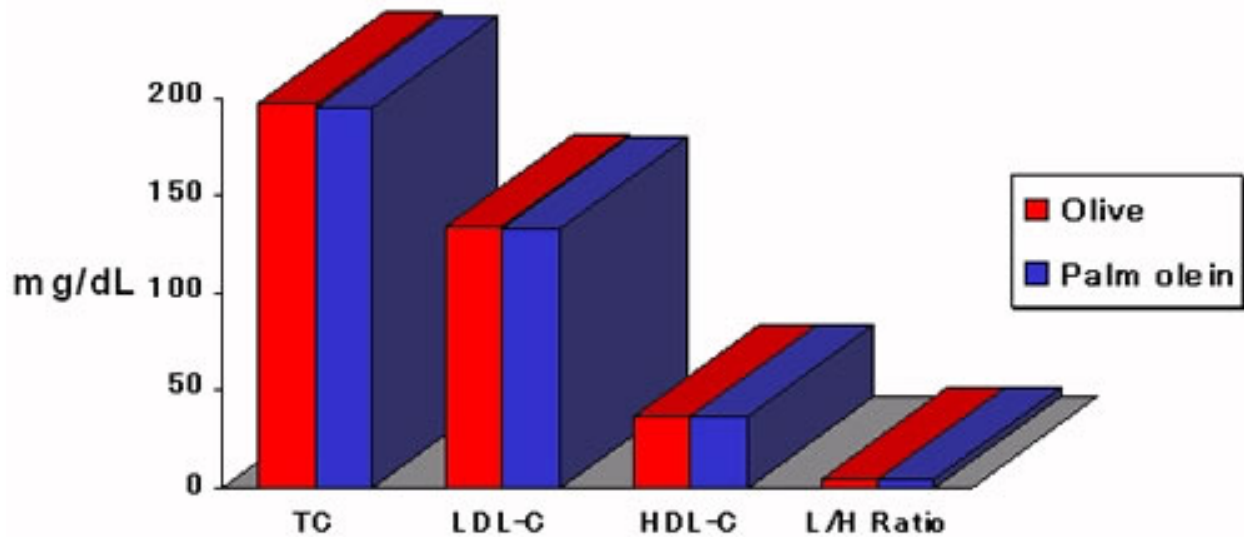


Ng, K.W.T, Hayes, K.C., Dewitt, G. F., Jegathesan, M., Satgunasingam, N., Ong, A. & Tan, D. (1992). Dietary palmitic and oleic acids exert similar effects on serum cholesterol and lipoprotein profiles in normocholesterolemic men and women. *J Am Coll Nutr.* 11: 383-90.

Reference/Study Characteristics	Dietary Oil Source	Fatty Acids (% en)			Lipids (mg//dL)			
		16:0	18:1	18:2	TC	LDL-C	HDL-C	L/H ratio
Ng et al. (1992) J. Am. Coll. Nutr. 11, 383-390; 20M, 13F; 31% en.	Palm Olein	13.4	14.0	3.7	195	133	37	3.59
	Olive Oil	6.3	21.8	2.9	197	134	37	3.62

Study 2

Olive Oil and Palm Olein Have Similar Effects on Plasma Cholesterol in Humans



Choudhury, N., Tan, L. & Truswell, A.S. (1995). Comparison of palmolein and olive oil: effects on plasma lipids and vitamin E in young adults. Am J. Clin Nutr. 61:1043-51.

Reference/Study Characteristics	Dietary Oil Source	Fatty Acids (% en)			Lipids (mg//dL)			
		16:0	18:1	18:2	TC	LDL-C	HDL-C	L/H ratio
Choudhury et al. (1995) Am. J. Clin. Nutr. 61, 1043-1051; 10M, 9F; 31% en.	Palm Olein	10.1	11.6	4.3	180	129	35	3.7
	Olive Oil	5.1	18.9	3.4	179	132	31	4.3

Conclusion

Palm Olein, in showing nutritionally similar result as olive oil is better as it is much more economical.