

YOUR HEART ❤ LOVES OLIVE OIL

BUT IF YOU KILL THIS OIL BY HEATING THIS OIL WILL KILL YOU



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YOUR HEART LOVES OLIVE OIL, BUT NOT WHEN IT'S OVERHEATED AND BROKEN

THE HEART-HEALTHY BENEFITS OF OLIVE OIL

Olive oil is widely recognized for its cardiovascular benefits. As a key component of the Mediterranean diet, it is rich in monounsaturated fats, antioxidants, and anti-inflammatory compounds. Studies have shown that regular consumption of high-quality olive oil can reduce bad cholesterol (LDL), increase good cholesterol (HDL), and lower the risk of heart disease. However, these benefits depend on how the oil is used, particularly in cooking.

THE DANGERS OF OVERHEATING OLIVE OIL

While olive oil is stable EXTREMELY LOW heat, high temperatures will break down its beneficial compounds. Extra virgin olive oil has a smoke point of approximately 375–410°F (190–210°C). When heated beyond this point, it begins to degrade, losing its antioxidants and producing harmful free radicals. These unstable molecules can contribute to oxidative stress, inflammation, and potential damage to heart health.

HOW TO USE OLIVE OIL SAFELY

To preserve its health benefits, olive oil should be used correctly.

Here are some key recommendations:

Use extra virgin olive oil for drizzling, dipping, and extremely low-heat cooking.

Avoid deep frying or overheating olive oil past its smoke point.

Store olive oil in a cool, dark place to prevent oxidation.

HOW TO CHOOSE A RIGHT OLIVE OIL

To check the purity of olive oil, look for extra virgin on the label, as it is the highest quality. Pure olive oil should have a fruity aroma, a slightly bitter taste, and a peppery finish. Check for a harvest or bottling date—fresh oil is best within 12–18 months. A cold-pressed or first-press label indicates minimal processing. Store it in a dark glass bottle to prevent oxidation. Pure olive oil solidifies in the refrigerator but quickly returns to liquid at room temperature. Lastly, beware of cheap blends—always buy from reputable brands or certified sources.

CONCLUSION: HANDLE WITH CARE

Olive oil is a heart-friendly superfood, but its benefits can be lost if it is overheated and broken down. By using it wisely, you can continue to enjoy its protective effects while avoiding the risks of oxidation and nutrient loss. Treat it with care, and it will nourish your heart for years to come.

A handwritten signature in orange ink that reads "Dr. Naveen Kumar". The signature is fluid and cursive, with a long, sweeping line for the last name.

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