

EV Olive Oil: unveiling its health and economic virtues for a sustainable future

A new breakthrough study by Istituto Nutrizionale Carapelli

Summary and Policy Recommendations arising from the meeting on November 27 at the European Parliament

Extra Virgin Olive Oil for public health



On **November 27th**, we proudly unveiled a preview of the results from an **innovative scientific study**.



For the first time, the research comprehensively unveils the **molecular and cellular processes** underlying the health benefits of extra virgin olive oil (EVOO), with a particular emphasis on polyphenols.



This discovery marks a significant step in deepening our understanding of the **nutritional advantages of EVOO** in combating obesity and related health conditions.



Unfortunately, the **decline in production** and the **rise in prices** restrict consumers access to this natural remedy.



Immediate intervention is crucial to **encourage EVOO consumption** and mitigate obesity and metabolic diseases.

Obesity: the contemporary crisis

Global overview:

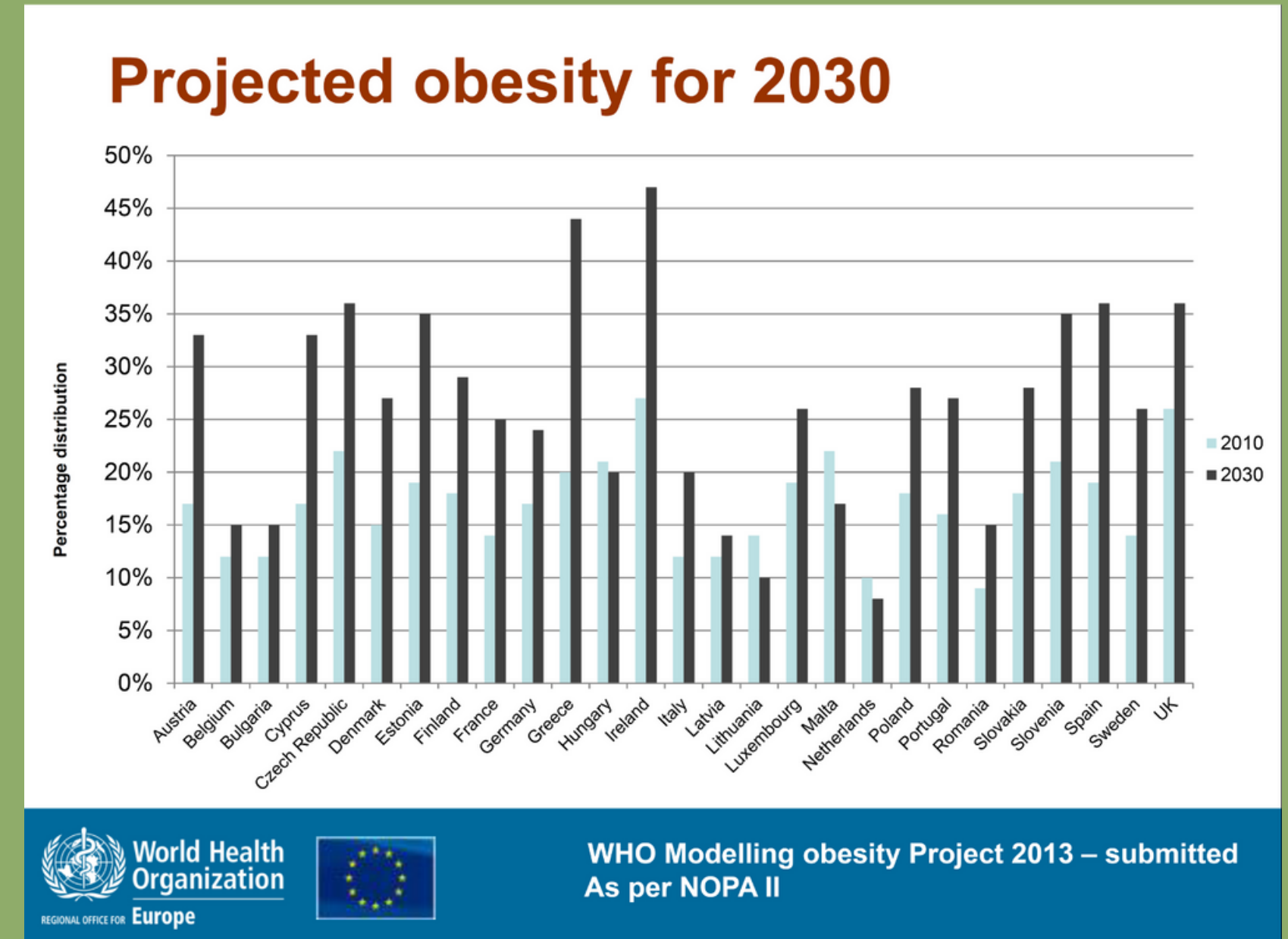
- 1 billion people projected to be obese by 2030 (double the 2010 figure);
- sharper increase among children and adolescent.

Europa:

- 59% of adults are obese or overweight.

The rise of **obesity** and **non-communicable diseases** is anticipated to lead to a predicted decline in life expectancy for new generations.

Immediate interventions are imperative!



*Additional comprehensive data is available.

The virtues of EVOO

Extra Virgin Olive Oil significantly contributes to overall health.

Enrich with monounsaturated fatty acids and polyphenols, this oil aids in:

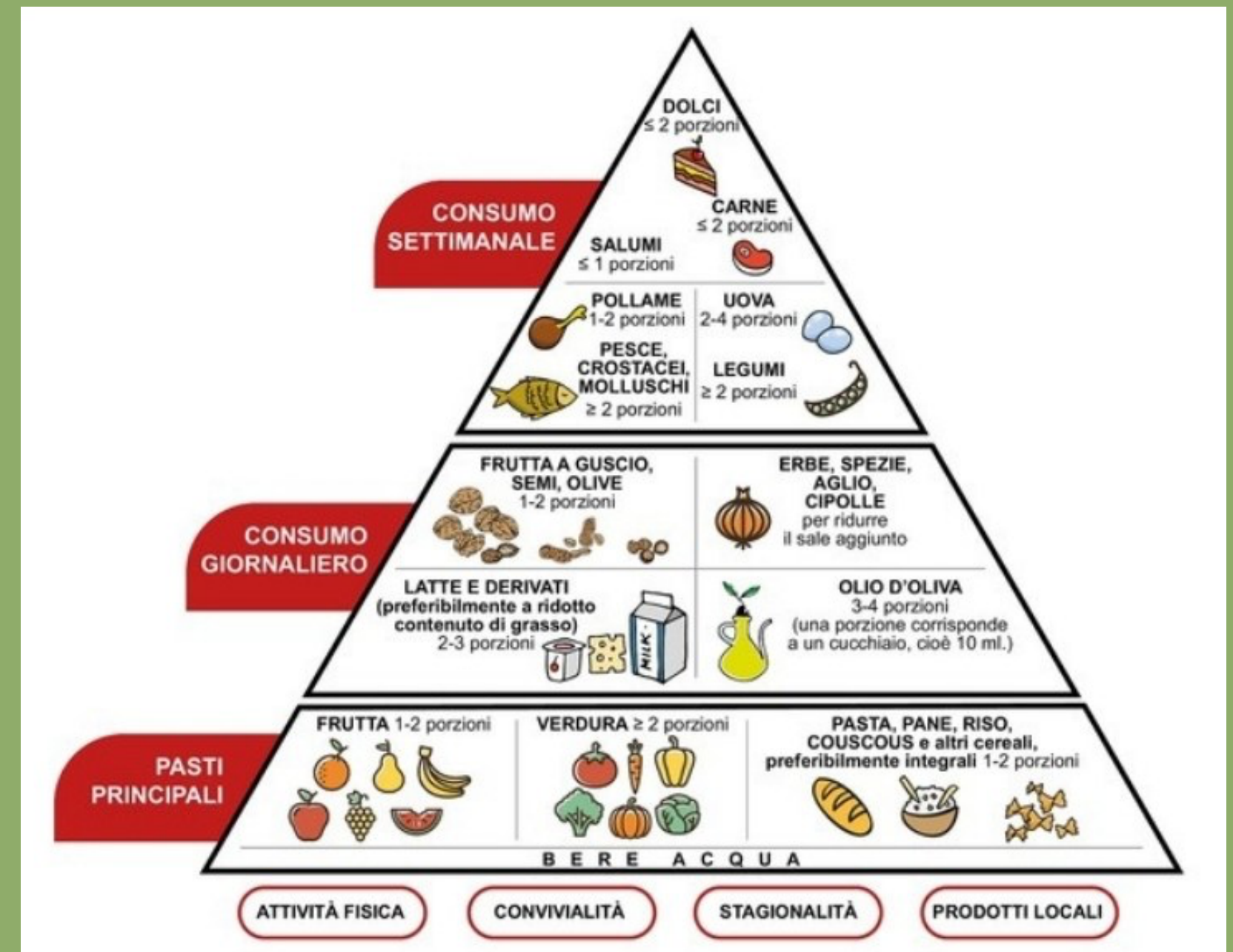
- safeguarding cardiovascular health;
- combating inflammatory diseases associated with aging;
- promoting effective digestion;
- preserving the skin from damage caused by free radicals.



The benefits for humans

Diets with a high intake of Extra Virgin Olive Oil, such as the Mediterranean Diet, have demonstrated the ability to **counteract obesity and non-communicable diseases**.

However, until now, there has not been a sufficient and comprehensive scientific explanation elucidating the underlying mechanisms.



Pioneering study: unveiling responsible genes

The groundbreaking study conducted by Istituto Nutrizionale Carapelli reveals that :

- **Diets enriched** with high-polyphenol **Extra Virgin Olive Oil** foster a **healthier metabolic profile**, reducing both weight and blood glucose levels, thereby **mitigating the risk of diabetes**.
- Utilizing advanced **genetic and metabolomic analysis** techniques, the study identifies novel pathways through which EVOO and polyphenols influence energy metabolism and mitochondrial functionality, especially in metabolically active tissues such as muscles and the liver.



The multitude of genetic data acquired will constitute a unique **database**, poised to be shared with the entire scientific community as a cornerstone for groundbreaking discoveries..

A challenge for Europe

Declining production

Due to climate change, **production** in Mediterranean regions has witnessed a **notable decline** over the past three years, despite advancements in innovation and technology.

Production for 2022/2023:

- Italy: - 37% vs 2021/2022
- Spain: -50% vs 2021/2022

Soaring prices

In tandem with the decrease in production and the general inflation, **prices** have **more than doubled** on average.

Dwindling consumption

As a result of the price surge, consumption is dramatically decreasing.

Consumption in the first quarter of 2023:

- Italy: - 11% vs 2022
- Global: -18% vs 2022

Call to Europe for immediate action

- Promoting **educational policies** to ensure access to quality Extra Virgin Olive Oil;
- Expanding the **consumption of EVOO** beyond the boundaries of the traditional Mediterranean market;
- Encouraging investments to bolster sustainable production.



Istituto Nutrizionale Carapelli

The research and conference were initiated by Istituto Nutrizionale Carapelli.

The **Istituto Nutrizionale Carapelli – Fondazione ONLUS** addresses key topics related to nutrition, with a particular focus on the role of olive oil within a healthy Mediterranean diet..

Mission:

- Championing **educational initiatives** to convey the significance of nutrition in schools;
- Promoting and supporting **scientific research**.



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