

- Oils and fats

Why olive oil is good for you

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is a healthy fat, and those who ate more than half a tablespoon of it every day had a lower risk of dying from cancer and heart disease.



Researchers have found that people who ate the most (such as in salad dressings and for frying food) were 19 per cent less likely to die of cardiovascular disease or stroke than those who rarely or never ate it.

Those who consumed the most also had a 17 per cent lower risk of dying from cancer and a 29 per cent lower risk of dying from neurodegenerative conditions like Parkinson's and Alzheimer's.

While the study doesn't prove olive oil cuts the risk of early death, the researchers pointed out it has "anti-inflammatory antioxidant properties", which may help to maintain health