High extra virgin olive oil consumption linked to lower breast cancer risk

It’s never too late to get the health benefits of Extra Virgin Olive Oil!

A preliminary study published Sept. 14, 2015, in *JAMA Internal Medicine* reported that older women between the ages of 60 and 80 in Spain who ate a traditional Mediterranean diet enhanced with [extra-virgin olive oil](#) were less likely to be diagnosed with breast cancer.

The study looked at three different groups:

- One followed the Mediterranean diet plus extra servings of olive oil.
- A second followed the diet plus extra servings of nuts.
- The third group were advised to reduce their fat intake.

There were 62% fewer cancers in the group who ate the olive oil-enhanced diet, compared with women just told to cut their fat intake. The rate of breast cancer in the group who ate the Mediterranean diet plus extra nuts was not statistically different from that among the women told to reduce fat intake. These results need to be confirmed by longer, larger studies.

This research is helping to establish olive oil—and the Mediterranean diet in general—as a cornerstone of a healthy diet. Although olive oil isn’t likely to be the answer to breast cancer prevention, using it generously isn’t likely to hurt.

Read the full article at [Harvard Women’s Health Watch](#)

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