Health effects of olive oil and the mediterranean diet

BLOOD PRESSURE

**High phenolic olive oils lead to a small reduction in systolic but not diastolic blood pressure and oxidized LDL compared to low phenolic olive oils, and there was no difference in cholesterol, triglycerides and malondialdehyde.**


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**EFFECT SIZE**

**WHAT IS THE QUALITY OF THE EVIDENCE?**

**WHAT TO KEEP IN MIND?**

- 6 of the 8 included studies were conducted in Mediterranean countries, which already use olive oil as the primary source of fat in the diet, and thus these results are only partly applicable to people who have other traditional diets.
- Small number of included studies—only two studies included for some outcomes.
- Due to the small numbers of studies, some outcomes had considerable heterogeneity.

**WHAT'S THE BOTTOM LINE?**

Some evidence for the positive effects of high phenolic olive oil on reducing systolic blood pressure, but the available data are too limited to draw a solid conclusion.

Future research should specifically focus on the efficacy of high phenolic olive oil in blood pressure reduction, including dose-response trials.

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**KEY RESULTS**

**REDUCTION IN SYSTOLIC BLOOD PRESSURE:**

(mean difference = −0.52; CI −0.77, −0.27; p < 0.01) (2 studies)

**REDUCTION IN oXLDL-LEVEL:**

(mean difference = −0.25; CI −0.50, 0.00; p = 0.05) (4 studies)

**NO EFFECT FOR DIASTOLIC BLOOD PRESSURE:**

(2 studies), malondialdehyde (2 studies), total cholesterol (6 studies), HDL-c (6 studies), LDL-c (6 studies), and TG (6 studies)

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**OTHER REVIEWS**


