Olive oil consumption significantly reduced the risk of cardiovascular disease (CVD) risk and stroke, but not specifically for coronary heart disease (CHD) risk. However, no significant protection was found for CHD overall, suggesting that the effect for stroke may be driving the relationship. Further studies that better distinguish between extra virgin olive oil vs. ordinary olive oil with respect the risk of CHD are needed, since the phenolic content in extra virgin olive oil is much higher.

**WHAT'S THE BOTTOM LINE?** There is evidence for an association between olive oil consumption and reduced risk of cardiovascular disease, and specifically for stroke.