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MEETING ABSTRACT OP

The role of olive oil in the prevention of chronic diseases: Current scientific evidence

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Abstract: Olive oil, a key component of the Mediterranean diet, has been consistently associated with significant health benefits. Recent umbrella reviews and meta-analyses indicate that regular olive oil consumption is associated with favorable outcomes in relation to cardiovascular diseases, type 2 diabetes, and cetain typed of cancer (Chiavarini et al., 2024; Fraga et al., 2025). These effects are mainly attributed to its high content of monounsaturated fatty acids and bioactive phenolic compounds, which have antioxidant and anti-inflammatory properties. Nevertheless, uncertainties remain regarding the optimal intake and the specific components that may be primarily responsible for these effects. This presentation summarizes the current scientific evidence on olive oil and chronic disease prevention and discusses key areas for future research.

Keywords: Olive oil, mediterranean diet, phenolic compounds, cardiovascular health

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