

Boosting olive oil intake can lower blood pressure in men, study finds



Men who consume a moderate amount of olive oil can significantly reduce systolic blood pressure levels, according to a new study appearing in the January volume of the *Journal of Nutrition*.

Researchers from the University of Barcelona recruited 110 healthy men from Germany, Denmark and Finland -- non-Mediterranean countries -- and 45 Spanish and Italian men, from Mediterranean regions. The researchers believed that the non-Mediterranean men had not regularly consumed olive oil, while the Mediterranean men had.

Both the non-Mediterranean and the Mediterranean men were instructed to include 25 mL per day of one of three similar types of [olive oil](#) for the duration of the study, which was comprised of three three-week periods of supplementation separated by two two-week periods without supplementing.

By the study's end, the researchers found that blood levels of oleic acid -- a monounsaturated fatty acid -- were 2 to 3 percent higher in the men from non-Mediterranean countries, while the Mediterranean men's oleic acid levels did not significantly change.

In addition, the non-Mediterranean men's systolic [blood pressure](#) levels dropped three percent after olive oil supplementation.

"The results of this study suggest that a moderate consumption of olive oil may be used as an effective tool to reduce SBP (systolic blood pressure) of healthy men to do not typically consume a Mediterranean diet," wrote the researchers, who were led by Isabel Bondia-Pons.

Bondia-Pons and colleagues have called for further research into the effects of dietary modifications on blood pressure, particularly studies of longer duration.

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