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Najla AlKhattaf

Saudi electronic university
Saudi Arabia

Olive oil intake and Obesity: Lessons learned presentation

Abstract:

Introduction: There are extensive health benefits of olive oil consumption, including the prevention of Cardio Vascular Diseases (CVD), Type Two Diabetes Mellitus (T2DM), cancer, and the degeneration of the neurological system. Despite its health benefits, it has been suggested that high-fat food consumption may contribute to obesity due to the high-calorie content.⁴ Thus, olive oil was implicated in allegedly being a risk factor for overweight and obesity. However, studies have found that an olive oil-rich diet can facilitate longer-lasting weight loss compared to a low-fat diet.⁵ Recent experimental studies concluded that olive oil consumption could reduce the risk of obesity. A randomised clinical trial reported a reduction in the BMIs and WCs of individuals who followed a Mediterranean diet enriched with extra virgin olive oil and a controlled low-fat diet after a one-year intervention.⁶ A study investigating the association between the prevalence of obesity and the types of dietary fat consumed in 168 countries found that countries with a higher Mono Unsaturated Fatty Acid (MUFA) consumption were strongly associated with low obesity prevalence. Similar results were reported from a six-year cohort study that monitored participants on a diet with a high content of different types of fatty acids. This study found that the group that consumed sunflower oil had a higher incidence of weight gain than did the group that consumed olive oil.⁸ A review reported the effectiveness of olive oil consumption in decreasing the risk of metabolic syndrome and central obesity.

Conclusion: In conclusion, this study provides baseline knowledge on the intake of olive oil among the Saudi population aged 20e30 years living in Almadinah Almunawwarah. Although olive oil consumption was not associated with increasing BMI or WC, it may help in maintaining body weight. Low consumers of olive oil consume more CHO, which may expose them to different health risks.

Biography

Najla AlKhattaf is a faculty member at Saudi Electronic University, Saudi Arabia. She is actively engaged in advancing academic excellence and digital education through SEU's blended learning model. Her work focuses on integrating technology into higher education, supporting innovative teaching methodologies, and contributing to the development of Saudi Arabia's academic and research landscape. With a commitment to student success and lifelong learning, AlKhattaf continues to play a vital role in shaping the future of electronic and distance education in the region.