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olive-oil-polyphenols-modify-liver-polar-fatty-acid 2/9 Downloaded from dev.horsensleksikon.dk on November 21, 2020 by guest Polyphenols and Health-Neville Vassallo 2008 This book touches upon the subject of diet and health interest to a wide audience. It is a very topical subject and one which

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Olive Oil Polyphenols Modify Liver histopathology indicated that olive oil polyphenols reduced the injury score of fatty degeneration incidence and liver lesions induced by CCl 4 in mice. (PDF) Olive oil polyphenols modify liver polar fatty acid ... Olive oil and polyphenols, notably OLE, also prevent NAFLD (reviewed in ) and

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research now suggests that olive oil could help protect your liver from the kind of liver damage found in fatty liver disease. A study published in Olive Oil Polyphenols Modify Liver Polar Fatty Acid Healthier alternatives to canola oil that also contain polyphenols are olive oil, avocado oil, flaxseed oil, or coconut oil. Studies have shown that avocado oil is rich in phenolic compounds and antioxidants. Naturally occurring polyphenols in coconut oil also help protect cells from oxidative ...

Olive Oil Polyphenols Modify Liver Polar Fatty Acid ...

Olive Oil Polyphenols Modify Liver Polar Fatty Acid olive oil polyphenols modify liver Polyphenols, Inflammation, and Cardiovascular Disease Polyphenols are compounds found in foods such as tea, coffee, cocoa, olive oil, and red wine and have been studied to determine if their intake may modify cardiovascular

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### Olive Oil Polyphenols Modify Liver Polar Fatty Acid

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Background and objective: The liver is an organ susceptible to a multitude of injuries that causes liver damage, like steatosis, non-alcoholic steatohepatitis, cirrhosis, hepatocellular carcinoma, and ischemia-reperfusion injury. Extra virgin olive oil (EVOO), presents several protective effects on the liver, reducing hepatic steatosis, hepatocyte ballooning, fibrogenesis, preventing lipid peroxidation, among other effects.

#### Liver Protective Effects of Extra Virgin Olive Oil ...

Olive Oil Polyphenols Modify Liver Polar Fatty Acid olive oil polyphenols modify liver olive oil polyphenols modify liver The object of this study was to observe the effect of olive oil polyphenols on acute liver injury by determining the changes in the phospholipid (PL FAs) and free fatty acids (FFAs) composition,...

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#### Olive Oil Polyphenols Modify Liver Polar Fatty Acid ...

Dietary oil or fat type improved significantly ( $P < 0.05$ ) the body weight and gain as well as feed efficiency in birds fed EVOO compared to those fed with the other treatments. Supplementing EVOO in the diet significantly ( $P < 0.05$ ) reduced lipid peroxidation by increasing antioxidant defense system. These findings, besides adding more results on the antioxidant effect of extra-virgin olive oil on liver of other experimental model other than rats and humans, could be significant for animal ...

#### An extra-virgin olive oil rich in polyphenolic compounds ...

Dr Rodrigo Valenzuela, lead author from the University of Chile, said: “ Hydroxytyrosol is a polyphenol found in extra-virgin olive oil, which is known to have antioxidant properties and may play a...

#### Olive oil could REVERSE liver damage and effects of high ...

Taking into account that the reported effects of olive oil feeding and administration by gavage on antioxidant defenses and liver regeneration have been previously described [21, 22], we aimed to investigate the effect of intraperitoneal administration of polyphenols extract from the olive oil before hepatectomy. Olive oil based emulsions significantly improved the hepatic regeneration and decreased oxidative damage following hepatectomy.

#### Preexposure to Olive Oil Polyphenols Extract Increases ...

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Clinical trial tests olive oil enriched with polyphenols for improving HDL. Phenols in olive have been linked to a variety of health benefits including antioxidant, anti-inflammatory properties, and chemoprotective activity in clinical trials. Moreover, olive oil phenolic compounds have been shown in clinical trials to improve lipid profile, improve endothelial function, modify the hemostasis, and have antithrombotic properties in humans.

Clinical trial tests olive oil enriched with polyphenols ...

Here, we examine the influence of olive oil diet and isolated olive oil polyphenols on liver host polar fatty acids modification against *L.monocytogenes* infection in mice, helps in the current ...

(PDF) Importance of phenol-rich virgin olive in the host ...

The compound is called hydroxytyrosol and, as the scientists explain, it is a polyphenol with well-known antioxidant properties. These properties have been suspected to be the reason behind the...

Olive oil compound found to reverse the damage of high-fat ...

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Written by leading experts, this book reviews the current research evidence for the health benefits of a diet rich in olive oil. It focuses on the role of olive oil in reducing the incidence of certain types of cancer, cardiovascular diseases, inflammatory bowel disease and diabetes, and the effect of olive oil on the immune system.

This book touches upon the subject of diet and health interest to a wide audience. It is a very topical subject and one which is at the forefront of scientific research, not only in universities but also in industry. The exponential increase in the number of scientific reports is a strong indicator of the need for this book that provides an exciting, up-to-date guide to the mechanisms and themes that underlie the applications of polyphenols in health.

This text provides a comprehensive review of the latest research on the effects of dietary patterns and whole plant foods on general health, aging, and cardiometabolic disease risk from major prospective cohort studies and randomized controlled trials (RCTs) and their meta-analyses. The book extensively assesses, the effects of lifestyle, dietary patterns, and specific whole plant foods on the quality of aging; the impact of fiber-rich foods on colonic microbiota and weight regulation, the effects of which influence the quality of aging; the effects of fiber-rich diets on the aging gastrointestinal tract; and the role of dietary patterns and specific whole plant foods on coronary heart disease, hypertension, chronic kidney disease, stroke and type 2 diabetes. Figures are extensively used to highlight findings and tables summarizing

food composition dietary patterns and whole plant foods. Tables summarizing meta-analyses and representative cohort studies and RCTs provide state-of-the-art coverage of the important effect of dietary patterns and whole plant foods on aging and cardiometabolic diseases. *Dietary Patterns and Whole Plant Foods in Aging and Disease* will serve as a very useful, state-of-the-art resource for dietitians, physicians, nurses, food industry scientists, researchers, naturopathic doctors, educators and their students interested in the role of dietary patterns and specific whole plant foods on aging and disease. The probability of healthy aging and disease prevention is significantly improved by 70% when individuals and populations follow a healthy lifestyle. Healthy lifestyle choices include adhering to a healthy dietary pattern, increasing physical activity most days of the week, achieving and maintaining lean body weight and waist size, and the cessation of smoking. It is estimated that 90% or more of those in westernized populations are on track for unhealthy aging and increased cardiometabolic disease risk, especially with the obesity pandemic associated with relatively poor diet quality and sedentary lifestyles. Healthy dietary patterns significantly lower risk of all-cause mortality and chronic disease incidence compared to Western dietary patterns. Since healthy whole and minimally processed plant foods vary widely in their nutrient and phytochemical compositions, their overall benefit in aging and disease may vary depending on the specific whole plant foods consumed.

This book illustrates the role of Mediterranean diet in connection with well-being and particularly its impact on health and elderly care, as well as on the mechanisms of aging. Aging is a natural process of human life. The knowledge that a healthy dietary regimen like the Mediterranean diet can effectively prevent or delay many diseases typically affecting aging people may help to better manage the aging process. From this point of view, knowledge of the numerous benefits of the Mediterranean-style diet may effectively promote better management of the burden of elderly care. As early as the 1950s, Ancel Keys pointed out the effectiveness of the Mediterranean diet in helping to control, and possibly avoid, myocardial infarction and/or cholesterol metabolism. Quite soon after the first studies were published, it became clear that the Mediterranean diet was beneficial not only in connection with cardiovascular disease but also many other diseases, from diabetes to hypertension, from cancer and thrombosis to neurodegenerative diseases, including dementia. Examining those benefits in detail, this book offers a valuable educational tool for young professionals and caregivers, as well as for students and trainees in Geriatrics and Nutrition.

Anthocyanins, polyphenolic compounds abundant in certain foods, are responsible for the orange-red to blue-violet hues evident in many fruits, vegetables, cereal grains, and flowers. Interest in these pigments has intensified due to their potential health-promoting properties as dietary antioxidants, as well as their use as natural dyes in a variety

Comprehensive Foodomics offers a definitive collection of over 150 articles that provide researchers with innovative answers to crucial questions relating to food quality, safety and its vital and complex links to our health. Topics covered include transcriptomics, proteomics, metabolomics, genomics, green foodomics, epigenetics and noncoding RNA, food safety, food bioactivity and health, food quality and traceability, data treatment and systems biology. Logically structured into 10 focused sections, each article is authored by world leading scientists who cover the whole breadth of Omics and related technologies, including the latest advances and applications. By bringing all this information together in an easily navigable reference, food scientists and nutritionists in both academia and industry will find it the

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perfect, modern day compendium for frequent reference. List of sections and Section Editors: Genomics - Olivia McAuliffe, Dept of Food Biosciences, Moorepark, Fermoy, Co. Cork, Ireland Epigenetics & Noncoding RNA - Juan Cui, Department of Computer Science & Engineering, University of Nebraska-Lincoln, Lincoln, NE Transcriptomics - Robert Henry, Queensland Alliance for Agriculture and Food Innovation, The University of Queensland, St Lucia, Australia Proteomics - Jens Brockmeyer, Institute of Biochemistry and Technical Biochemistry, University Stuttgart, Germany Metabolomics - Philippe Schmitt-Kopplin, Research Unit Analytical BioGeoChemistry, Neuherberg, Germany Omics data treatment, System Biology and Foodomics - Carlos Leon Canseco, Visiting Professor, Biomedical Engineering, Universidad Carlos III de Madrid Green Foodomics - Elena Ibanez, Foodomics Lab, CIAL, CSIC, Madrid, Spain Food safety and Foodomics - Djuro Josi , Professor Medicine (Research) Warren Alpert Medical School, Brown University, Providence, RI, USA & Sandra Kraljevi Paveli , University of Rijeka, Department of Biotechnology, Rijeka, Croatia Food Quality, Traceability and Foodomics - Daniel Cozzolino, Centre for Nutrition and Food Sciences, The University of Queensland, Queensland, Australia Food Bioactivity, Health and Foodomics - Miguel Herrero, Department of Bioactivity and Food Analysis, Foodomics Lab, CIAL, CSIC, Madrid, Spain Brings all relevant foodomics information together in one place, offering readers a 'one-stop,' comprehensive resource for access to a wealth of information Includes articles written by academics and practitioners from various fields and regions Provides an ideal resource for students, researchers and professionals who need to find relevant information quickly and easily Includes content from high quality authors from across the globe

The prevalence of metabolic syndrome (MS) is rising in developing countries and developed countries at such high rates that it is now considered a worldwide public health problem of pandemic proportions. Yet its spread can usually be mitigated by diet and lifestyle behavior. Nutritional Intervention in Metabolic Syndrome brings together coverage of dietary patterns and dietary components to create a complete understanding of the mechanisms by which these diets and components may improve metabolic syndrome. It then presents information on how to treat MS through lifestyle change and nutritional intervention. Witten by experts, the book focuses on diet therapy, nutritional intervention, and oxidative stress in metabolic syndrome. It presents information on dietary patterns in metabolic syndrome, including Mediterranean style diets, DASH, and low calorie diets. The text then provides an understanding of the physiopathology mechanisms in metabolic syndrome and strategies to treat these conditions through nutritional intervention. Chapters cover prevalence of MS, pathophysiology, MS in systemic lupus erythematosus and rheumatoid arthritis, gene-nutrient interactions, MS in adolescents and children, lifestyle change and physical activity, and various effects of dietary components in MS. Research studies examining food groups are important, and there is a trend in the literature to verify the relationship between dietary patterns and cardiovascular risk factors. However, studies examining dietary components, such as olive oil, soy-based products, n-3 polyunsaturated fatty acids, berries, whole grains, nuts, dairy foods, tea, coffee, and alcoholic beverages are also important. The coverage of both in this book gives you an understanding of the pathophysiology underlying MS that you can use to develop strategies to prevent and treat these conditions through nutritional intervention.

Everything you need to start eating clean Whether you've lived on white carbs and trans fats all your life or you're already health conscious but want to clean up your diet even further, Eating Clean For Dummies, 2nd Edition explains in plain English exactly what it means to keep

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a clean-eating diet. Brought to you by a respected MD and licensed nutritionist, it sets the record straight on this lifestyle choice and includes recipes, the latest superfoods, tips and strategies for navigating the grocery store, advice on dining out, and practical guidance on becoming a clean eater for life. Clean eating is not another diet fad; it's used as a way of life to improve overall health, prevent disease, increase energy, and stabilize moods. Eating Clean For Dummies shows you how to stick to foods that are free of added sugars, hydrogenated fats, trans fats, and anything else that is unnatural or unnecessary. Plus, you'll find recipes to make scrumptious clean meals and treats, like whole grain scones, baked oatmeal, roasted cauliflower, caramelized onion apple pecan stuffing, butternut mac and cheese, and more. Get the scoop on how clean eating helps you live longer, prevent disease, and lose weight Change your eating habits without sacrificing taste or breaking your budget Make more than 40 delicious clean-eating recipes Deal with food allergies and sensitivities You are what you eat! And Eating Clean For Dummies helps get you on the road to a healthier you.

The only single-source reference on the science of olives and olive oil nutrition and health benefits Olives and Olive Oil as Functional Foods is the first comprehensive reference on the science of olives and olive oil. While the main focus of the book is on the fruit ' s renowned health-sustaining properties, it also provides an in-depth coverage of a wide range of topics of vital concern to producers and researchers, including post-harvest handling, packaging, analysis, sensory evaluation, authentication, waste product utilization, global markets, and much more. People have been cultivating olives for more than six millennia, and olives and olive oil have been celebrated in songs and legends for their life-sustaining properties since antiquity. However, it is only within the last several decades that the unique health benefits of their consumption have become the focus of concerted scientific studies. It is now known that olives and olive oil contain an abundance of phenolic antioxidants, as well as the anti-cancer compounds such as squalene and terpenoids. This centerpiece of the Mediterranean diet has been linked to a greatly reduced risk of heart disease and lowered cancer risk. Bringing together contributions from some of the world ' s foremost experts on the subject, this book: Addresses the importance of olives and olive oil for the agricultural economy and the relevance of its bioactive components to human health Explores the role that olive oil plays in reducing oxidative stress in cells-a well-known risk factor in human health Provides important information about new findings on olive oil and lipids which reviews the latest research Explores topics of interest to producers, processors, and researchers, including the fruit ' s chemical composition, processing considerations, quality control, safety, traceability, and more Edited by two scientists world-renowned for their pioneering work on olive oil and human health, this book is an indispensable source of timely information and practical insights for agricultural and food scientists, nutritionists, dieticians, physicians, and all those with a professional interest in food, nutrition, and health.

Epidemiological studies indicate that the consumption of natural antioxidants from such plant-derived sources as olive oil produces beneficial health effects. Olive Oil: Minor Constituents and Health provides a balanced understanding of the pharmacological properties of phenols and other bioactive ingredients in the composition of olive oil. It discusses recent technological developments to retain optimal levels of bioactive ingredients s well as methodologies for the future study of olive oil's biological effects. The text covers research on the bioavailability of olive oil phenols and addresses the role of olive oil in the prevention of cardiovascular disease and certain types of cancer.

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