

EPISODE 277

[INTRODUCTION]

[00:00:19] AVH: Welcome and welcome back to Paleo Magazine Radio, it's your friendly neighborhood podcast about nutrition and healthy living and learning and perhaps most importantly of all, food. Okay, maybe I'm biased but my entire day/life revolves around eating and I'm kind of okay with that. Food makes me happy and it nourishes me and I mean, what else do you need from something, really.

Today, we're talking about a very special food or perhaps maybe you call it condiment but we're talking olive oil and we're talking about why it's awesome and how to make sure you're getting the best quality product because there's a lot of sub-par stuff out there and you wouldn't really know it unless someone told you what to look for.

One thing that I just recently learned actually when tasting olive oil on its own because if it's delicious, it does taste nice on its own. But the best olive oil has this kind of like delayed peppery kick that's very obvious. It hits you in the back of the throat, a few seconds after you drink it.

It's like you have this little sip of olive oil, it taste nice and smooth and buttery and then you get this like kick in the back of your throat like you almost want to cough. And the stronger the kick, the fresher and the more nutrient dense that olive oil is because that feeling is coming from all the healthy polyphenols in the oil and we'll also talk about what those are.

But I actually learned this taste testing at a friend's olive oil store, based in Ottawa Canada, shout out to Aurelius Food Co. Shout out to Mike George, he's the owner, if you live in Ottawa or Ontario or whatever, check out his company, order some of his olive oil, it is amazing and he hits all the requirements of good olive oil that we're going to talk about in this episode. He's not a sponsor, he should be but I just wanted to give him a shout out because his stuff is awesome.

[0:02:00.1] AVH: Anyway, this is all from an article in Paleo Magazine's Autoimmune Protocol Guide Special Edition, which came out this summer but it is still available on Paleo Magazine's

online store. If you head to paleomagazine.com and it may still be on shelves in some places but if you want the issue and you're having trouble finding it or if you just have any questions for us in general, please don't hesitate to reach out to us on social media.

We're on all platforms, @paleomagazine and do me a favor, if you find this little quickie episode helpful, please share it on social media. Tag us, tag me @themusclemaven, send it to someone you know who may be trying to eat healthier, who may be feeling overwhelmed by all this stuff because that's what this information is being put out there for. To share it with as many people as possible and the more feedback you give me, the more interaction we have, the better we can get.

That also includes leaving reviews on iTunes for me so that more people can see the podcast, it'll go up in the rankings, it will get the kudos that it deserves for being the best podcast in the world. Might be a little bias there. But anyway, I did get a good review recently that made me pretty pumped and I'm going to read it to you right now because it kind of made my day.

[0:03:09.3] AVH: This review is from [inaudible]. Probably pronounced that wrong. She says, "I'm a 51 year old woman who has used the paleo lifestyle in the past. I start off really well and lose some weight but then we'll fall off the wagon and gain the weight back. As I'm trying to live a healthier life, I found the motivation to eat better and workout at home because of this podcast. I love how Ashleigh gets the point quickly and tells me what I need to know to be more successful with my health. I can't wait to see the outcome."

That is amazing, I appreciate that so much, thank you for spelling my name correctly, that happens about half the time. That's an awesome review, I appreciate you taking the time, I wish you the best of luck, I'm so glad that the podcast is helping you and listen, if you hear this review being read out on the podcast, send me a message either on social media or reach out to us somewhere @themusclemaven, @paleomagazine and let us know that you heard it so we can send you a nice little thank you gift for doing that.

[SPONSOR MESSAGE]

Okay, one last order of business before we learn all about olive oil is to shout out our show sponsor, Jones Dairy Farm. You guys know them already, you love them, if you haven't tried them yet, I don't know what you're waiting for. They are based in Wisconsin, they're a farm that's been going for 130 years and they provide some of the best all natural sausage, bacon, smoked ham, Canadian bacon. All the bacons. All the major food groups.

They are dedicated to super high quality, healthy ingredients. All local, fresh, never frozen, hormone free pork, chicken and turkey. They never use binders or fillers or gluten or anything gross, it's just all the good stuff, they have premade products that can be found in both the freezer section and the refrigerated aisle of your grocery store. They will be there if you check it out, Jones Dairy Farm.

But you can also order online for some of you and you can learn more about the company and what they offer and see their specifically paleo certified products jonesdairyfarm.com/paleo. Check it out and now, here's a quick little one on one about how to choose the best olive oil.

[EPISODE]

[0:05:17.4] AVH: Choosing the Best Olive Oil.

Olive oil is consistently linked with health benefits including reducing cardiovascular disease risk, reducing Alzheimer's disease risk, reducing cancer risk, improving blood sugar regulation and insulin sensitivity. Reducing likelihood of weight gain, reducing joint pain and rheumatoid arthritis and generally reducing markers of inflammation.

These benefits are attributable to olive oil's high content of oleic acid, which comprises 55 to 83% of olive oil. And the fact that high quality olive oil is rich in at least 30 phenolic compounds with antioxidant activity. As well as alpha tocopherol, an important form of vitamin E. Many of the health benefits associated with olive oil are related to its effects on the gut microbiome.

One mouse study tested the effects of several three month long diet with different fat compositions. One with 38% of calories from extra virgin olive oil, one with 38% of calories from refined olive oil, one with 38% of calories from butter and one which is standard low fat. At the

end of the study period, the extra virgin olive oil resulted in the most favorable microbial profile significantly different from that of butter, which resembled the microbiota composition seen in obese individuals.

The refined olive oil resulted in intermediate changes, different from butter but less dramatically so than extra virgin olive oil suggesting that olive oil is beneficial not only due to its fat composition but also due to the polyphenols present in extra virgin varieties. This has been confirmed in several additional studies have shown that extra virgin olive oil leads to a more diverse gut microbiome, supporting the growth of probiotic bacteria that are linked to improved insulin and leptin regulation as well as a healthier metabolism.

Another important reason to choose extra virgin is heat stability. A number of studies have been conducted on olive oil to assess the effect cooking has on its structure and nutritional content as well as what happens in the human body after olive oil is ingested. Across the board, the research shows that even with a fair amount of heat exposure, extra virgin olive oil resists oxidation better than many other cooking oils.

In one study, it took over 24 hours of frying before the olive oil generated enough polar compounds to be considered harmful. In another study, even after 36 hours of cooking the olive oil had retained most of its beneficial vitamin E content. In fact, high quality or low acid, extra virgin olive oil can have a smoke point as high as 410 degrees Fahrenheit, which is higher than most cooking applications and makes olive oil, at least the good stuff, more heat stable than many of our other go-to cooking fats.

[0:07:46.0] So choose the best olive oil, look for brands that list a harvest date on the bottle, which will tell you when the olives were picked. The more recent the date, the better. Choose oil no older than 12 to 18 months. Always choose oils in dark glass bottles never plastic or clear ones. Oils from other countries are more likely to be deceptively labeled and even cut with non-olive vegetable oils. So if you are in the US, look for more local oils especially ones from California Or choose oils from domestic companies that are transparent but they are Mediterranean sources and production practices.

Olive oil should taste pungent and peppery even stinging the back of your throat a bit. That is a sign of a high polyphenol content. Always make sure that the labels says “extra virgin” and not refined. Fresher of course is better. Unlike vinegar or wine, olive oil does not get better with age and finally, store in a cool dark place and use within six months.

[END OF DISCUSSION]

[0:08:44.7] AVH: That’s it folks, short and sweet. Thank you for listening. Go out and get some tasty peppery olive oil. Because it’s delish and great for you. Thank you again to Jones Dairy Farm for sponsoring the show. Head to jonesdairyfarm.com/paleo to learn more about their delicious high quality breakfast sausages and breakfast meats and bacons.

Join me next week when I’m going to be speaking with the founder of Pique Tea, we’re going to actually get even deeper into the whole polyphenol antioxidant deliciousness that plants can give you. We’re going to talk about what they are and how they work and why tea is such a super drink and deserves at least as much love as coffee. I know that’s hard to take but come on guys, there’s enough love to go around, right? We can love them both.

All right, join me next week, make sure you’re subscribed, hit me up on Instagram if you want to say hi and that’s it. Have a great week everybody.

[OUTRO]

[0:09:47.8] AV: The intro music for Paleo Magazine Radio is a song called Stronger performed by Alter Ego and I hope you love it.

[END]