



OLIVE OIL IMPROVES SALAD - AND NOT JUST IN TASTE

If we eat salad without a dressing we lose most of the health benefits vegetables, whereas the addition of fat - according to research conducted at the University of Iowa - stimulates the absorption of eight nutrients. These include fat-soluble vitamins A, E and K, lycopene contained in tomatoes, and beta-carotene in carrots.

The test was conducted on twelve women who were served salads having 0, 2, 4, 8 or 32 grams of olive oil. Blood tests indicated that the women who had eaten salads with the most olive oil had also absorbed more nutrients.

So, the ideal fat for dressing salads is still extra virgin olive oil (two tablespoons are enough). The research project, however, also suggests that the same benefits can also be obtained with other types of foods such as cheese and dried fruits, especially walnuts.

[Source: Teatro Naturale for Sol&Agrifood]

Image's Link: <https://i.imgur.com/oX7C5Xq.jpg>

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