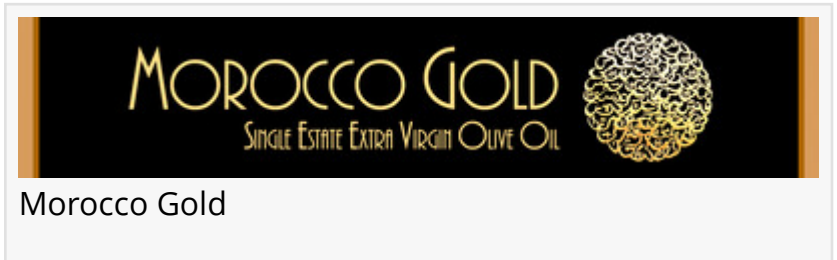


Study Reveals Olive Oil Helps Prevent Weight Gain, Unlike Butter and Margarine

A recent study shows olive oil prevents weight gain, while butter and margarine contribute to it, highlighting olive oil's health benefits over other fats.



LONDON, UNITED KINGDOM, May 29, 2025 /EINPresswire.com/ -- A recent

study published in [The American Journal of Clinical Nutrition](#) has provided valuable insights into the role of olive oil in weight management. This long-term study, which followed 121,119 participants over 20 to 24 years, compared the impact of various fats on participants' weight. The findings are clear: olive oil helps prevent weight gain, while butter and margarine contribute to it. This new research adds to the growing body of evidence supporting the health benefits of olive oil, especially when it comes to maintaining a healthy weight.

The Study: Olive Oil vs Butter and Margarine

The study, one of the largest of its kind, aimed to evaluate the long-term effects of olive oil consumption on weight. Researchers tracked participants' weight changes over two decades, taking into account various dietary habits and lifestyle factors. The study's final analysis included 121,119 participants initially free from chronic diseases and obesity, ensuring the results represented the general population.

The results were striking. Those who consumed olive oil as part of their regular diet experienced no significant weight gain compared to their baseline weight. In contrast, participants who consumed higher amounts of butter or margarine gained weight over the years. These findings suggest that the type of fat consumed plays a crucial role in long-term weight management, with olive oil offering a distinct advantage over butter and margarine.

Why Olive Oil Prevents Weight Gain

The primary reason why olive oil appears to prevent weight gain is its composition. Olive oil is rich in monounsaturated fats, which are considered healthier fats because they help improve cholesterol levels and support overall metabolic health. These fats are known to increase feelings of fullness, which can help regulate appetite and prevent overeating. Additionally, the

[polyphenols found in olive oil](#) have been shown to have anti-inflammatory properties and contribute to better fat metabolism, helping the body burn fat more efficiently.

Monounsaturated fats, like those found in olive oil, have been shown to improve fat distribution in the body, reducing the tendency to store fat around the abdominal area. This is particularly important for preventing obesity, which is linked to various chronic diseases, including heart disease, type 2 diabetes, and certain cancers.

Olive oil contains oleic acid, a fatty acid linked to improved insulin sensitivity. Insulin resistance is a key factor in weight gain and metabolic disorders, so olive oil's positive impact on insulin sensitivity is another reason why it may help prevent weight gain.

Butter and Margarine: Contributors to Weight Gain

In contrast, butter and margarine are high in saturated fats and, in the case of margarine, may also contain trans fats. Saturated fats are known to increase LDL cholesterol (the "bad" cholesterol) levels, which can lead to clogged arteries and an increased risk of cardiovascular diseases. Additionally, trans fats, often found in processed margarine, have been associated with a higher risk of obesity and metabolic syndrome.

The study found that participants who consumed higher amounts of butter or margarine gained more weight over the long term. This could be because these fats tend to increase appetite and promote fat storage in the body. While olive oil is more easily metabolised and less likely to be stored as body fat, the fats in butter and margarine are more prone to being stored in fat cells, contributing to weight gain.

Furthermore, butter and margarine do not contain the beneficial antioxidants and polyphenols found in olive oil, which may help regulate weight and improve overall health. While these fats provide calories, they lack olive oil's additional health benefits.

The Benefits of Olive Oil in Weight Management

The benefits of olive oil go beyond weight management. Olive oil has long been a staple of the Mediterranean diet, which is renowned for its heart-healthy properties. Studies have shown that people who follow a Mediterranean diet rich in olive oil have a lower risk of heart disease, stroke, and certain cancers. Olive oil's anti-inflammatory properties are also beneficial for reducing the risk of chronic conditions like arthritis and type 2 diabetes.

In addition to its heart-healthy effects, olive oil supports brain health and has been linked to a reduced risk of neurodegenerative diseases such as Alzheimer's. The antioxidants in olive oil help protect brain cells from oxidative stress, which is a significant factor in the development of cognitive decline.

Olive oil is also a great source of vitamins E and K, which help maintain healthy skin, bones, and immune function. Adding olive oil to your diet can provide a wide range of health benefits beyond weight management.

Incorporating Olive Oil into Your Diet

Switching from butter or margarine to olive oil is easy and beneficial for your health. Olive oil can be used in various dishes, from salad dressings and marinades to sautéing vegetables and drizzling over pasta. Its versatility makes it a perfect replacement for less healthy fats, and its mild flavour enhances the taste of many dishes.

For those concerned about weight management, using olive oil as your primary fat source is a simple way to improve your diet. As the study shows, replacing butter and margarine with olive oil may help prevent weight gain while offering numerous health benefits.

Gordon Davidson

Morocco Gold

+44 1200898501

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