

NUTRIGENOMICS: OLIVE OIL

OBJECTIVES

- KNOW WHAT IS NUTRIGENOMICS
- OLIVE OIL COMPOUNDS AND PROPRIETIES
- HOW THESE COMPOUNDS INTERACT WITH GENES

PRINCIPAL COMPOUNDS

- OLIVE OIL
 - FATTY ACIDS
 - POLYPHENOLS

STUDIES THAT RELATION OIL WITH:

- CANCER
- CARDIOVASCULAR RISK
- ARTERIOSCLEROSIS
- ANTI-AGING EFFECT

CONCLUSIONS

- OLIVE OIL IS ABLE TO REGULATE GENE EXPRESSION WHERE ARE INVOLVED FATTY ACID METABOLISM.
- IS A HEALTHY PRODUCT AND IT WILL BE MORE IMPORTANT IN THE FUTURE