

Foreword

The accumulating evidence of a link between diet and disease has led to an expansion in the focus of nutrition recommendations. On the basis of world literature, a review is presented of the achievements of the science concerning nutritional properties of olive oil. The beneficial role of olive oil consumption is inferred by considering the health effects of the Mediterranean dietary pattern

This monograph is the fourth of a series of issues periodically published by *Grasas y Aceites* journal, and covers the main effects on human health of well-known macronutrients and microconstituents contained in olive oil. The scope of the contributions ranges from digestion of olive oil as a dietary fat to the application of olive oil in food industry. In order to offer a wide outline, timely contributions also include aspects related to olive oil intake and the aetiology of common diseases, including cardiovascular disease, cancer, immune system disorders, haemostasis disorders, oxidative stress, ageing and nutritional disorders.

We consider that the monograph provides readers in many areas of research and practice the most up-to-date and easy-to-understand cascade of information on the importance of olive oil for optimal human health.

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