
ACEITE DE OLIVA Y CANCER DE MAMA (ACEITE DE OLIVA Y SALUD)

06, mayo

Óleo Digital.- El investigador y profesor de la Facultad de Medicina de la Universidad Autónoma de Barcelona (UAB) Eduard Escrich el pasado 14 de Julio en la Universidad Internacional Menéndez Pelayo (Santander) las propiedades del aceite de oliva para ayudar a prevenir el cáncer de mama así como para que la enfermedad "avance más lenta".

Explicó que estudios recientes han demostrado que "frena" la proliferación celular y genera cambios en la célula del tumor que le llevan a morir, en un proceso denominado apoptosis. "Lo que comemos tiene que ver con la salud y el cáncer", recalcó Escrich tras participar en el seminario 'El aceite de oliva esencia de la cultura, la vida y la dieta, en el Mediterráneo' en la Universidad Internacional Menéndez Pelayo (UIMP), donde pronunció la ponencia '¿Hay algo más que grasa para la protección del cáncer?'.

Según informa la UIMP en nota de prensa, el investigador señaló que pruebas clínicas realizadas en personas que siguen una dieta basada en el aceite de oliva demuestran que los tumores son "de menor grado de malignidad", aunque reconoció que a pesar de todas las propiedades beneficiosas del "oro líquido", no se puede pensar que con el consumo de un alimento "puedes frenar" una enfermedad como el cáncer.

Escrich recomendó emplear el "sentido común" en la alimentación y "nunca comer más de lo que se gasta con el ejercicio", no sólo por el cáncer sino "por la salud en general". Así, aconsejó consumir los alimentos que componen la pirámide nutricional de la dieta mediterránea y, en cuanto a la cantidad de grasa que se debe consumir diariamente, "que no supere el 25 o 30 por ciento" de las calorías totales de la dieta. Además, el profesor de la Facultad de Medicina de la UAB invitó a un consumo "moderado" de 50 mililitros al día -el equivalente a cuatro o seis cucharadas soperas- bien sea en crudo o cocinado, y subrayó la importancia de la calidad del producto, porque "únicamente" el virgen extra tiene "todos los componentes".

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