

Canola Oil Linked to Worsened Brain Health **Health/Science**

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“It is the first study to suggest that canola oil does more harm than good for the brain.”

From Newsmax, Dec 7, Thursday, 07 Dec 2017 Canola oil, one of the most widely consumed vegetable oils in the world, may be bad for your brain. A new study by researchers at Temple University found that mouse models of Alzheimer's disease fed diets containing canola oil showed worsened memories and learning ability as well as weight gain. It is the first study to suggest that canola oil does more harm than good for the brain. "Canola oil is appealing because it is less expensive than other vegetable oils, and it is advertised as being healthy," explained senior researcher Dr. Domenico Praticò, director of the Alzheimer's Center at Temple's Lewis Katz School of Medicine. "Very few studies, however, have examined that claim, especially in terms of the brain."

[…] The findings suggest that canola oil does not benefit brain health. "Even though canola oil is a vegetable oil, we need to be careful before we say that it is healthy," Praticò said. "Based on the evidence from this study, canola oil should not be thought of as being equivalent to oils with proven health benefits." Access complete article at the link below:

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