



Olive oil is not the healthiest oil !

It has many benefits and it is recommended to include a small amount of it in our diet (1 soup spoon).

But olive oil does not contain much alpha-linolenic fatty acid, an essential fatty acid from the Omega-3 family.

It is therefore necessary to supplement our daily intake with rapeseed or walnut oil (1 to 2 soup spoons).



Did you know ?