**Olive Oil vs. Coconut Oil**

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Olive oil is high in monounsaturated fat, which has been evaluated in extensive research to benefit heart health. Clayton Tiwari, M.D., F.A.C.S., shares new information on how the benefits of olive oil can be even more pronounced by combining it with other foods and creating a flavor that will enhance the overall health benefits of your diet.

**Round 1: Points Awarded**

### Extra Virgin Olive Oil

- **1 tablespoon**
  - **Percentage of Monounsaturated Fat:** 100% (1 gram)
  - **Percentage of Polyunsaturated Fat:** 0% (0 grams)
  - **Evidence of Heart Benefits:** Rich in the kitchen

### Extra Virgin Coconut Oil

- **1 tablespoon**
  - **Percentage of Monounsaturated Fat:** 8% (0.6 grams)
  - **Percentage of Polyunsaturated Fat:** 2% (0.13 grams)
  - **Evidence of Heart Benefits:** Limited

**Round 2: Points Deducted**

- **1.25 tablespoons**
  - **Percentage of Saturated Fat:** 0% (0 grams)
  - **Calories:** 130
  - **Total Fat:** 14 grams

**Judge's Decision: Knockout!**

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**Extra Round**

- **What's so good about monounsaturated fat?**
  - Monounsaturated fat can help lower total cholesterol and can lower the risk of cardiovascular disease or heart attacks.

- **What's so bad about saturated fat?**
  - Solfrated fat is associated with increased LDL (bad) cholesterol.

- **Don't Overdo Healthy Fats**
  - While olive oil is a healthy choice, it's important to use it in moderation. Excessive consumption can lead to weight gain and other health issues.

For more information, visit ClevelandClinic.org/HealthHub.