

いつ学ぶか？

林修の今知りたいでしょ!

IMADESYO!

よる7時

3H  
Specialテーマ：  
「身体に良い油  
悪い油」

放送日：2026年6月25日(木)

TV朝日：「林修の今知りたいでしょ！」

3時間Special(19:00~22:00)予定(番組冒頭予定)

白澤卓二院長先生 VTR出演

(場所：お茶の水健康長寿クリニック診察室)

テーマ：「身体に良い油・悪い油」  
オリーブオイルに関する新常識

※2024年5月6日公表の新しい論文より解説いたします。

JAMA  
Network | Open™

Original Investigation | Nutrition, Obesity, and Exercise

## Consumption of Olive Oil and Diet Quality and Risk of Dementia-Related Death

Anne-Julie Tessier, PhD; Marianna Cortese, PhD; Changzheng Yuan, ScD; Kjetil Bjornerik, PhD; Alberto Ascherio, DrPH; Daniel D. Wang, MD, ScD; Jorge E. Chavarro, ScD; Meir J. Stampfer, DrPH; Frank B. Hu, PhD; Walter C. Willett, DrPH; Marta Guasch-Ferré, PhD

## Abstract

**IMPORTANCE** Age-standardized dementia mortality rates are on the rise. Whether long-term consumption of olive oil and diet quality are associated with dementia-related death is unknown.**OBJECTIVE** To examine the association of olive oil intake with the subsequent risk of dementia-related death and assess the joint association with diet quality and substitution for other fats.**DESIGN, SETTING, AND PARTICIPANTS** This prospective cohort study examined data from the Nurses' Health Study (NHS; 1990-2018) and Health Professionals Follow-Up Study (HPFS; 1990-2018). The population included women from the NHS and men from the HPFS who were free of cardiovascular disease and cancer at baseline. Data were analyzed from May 2022 to July 2023.**EXPOSURES** Olive oil intake was assessed every 4 years using a food frequency questionnaire and categorized as (1) never or less than once per month, (2) greater than 0 to less than or equal to 4.5 g/d, (3) greater than 4.5 g/d to less than or equal to 7 g/d, and (4) greater than 7 g/d. Diet quality was based on the Alternative Healthy Eating Index and Mediterranean Diet score.**MAIN OUTCOME AND MEASURE** Dementia death was ascertained from death records.

## Key Points

**Question** Is the long-term consumption of olive oil associated with dementia-related death risk?**Findings** In a prospective cohort study of 92 383 adults observed over 28 years, the consumption of more than 7 g/d of olive oil was associated with a 28% lower risk of dementia-related death compared with never or rarely consuming olive oil, irrespective of diet quality.**Meaning** These results suggest that olive oil intake represents a potential strategy to reduce dementia mortality risk.

# 白澤卓二代表 出演情報のご報告

## スーパーチャンネル

### 6/21(月)18:44~



6/21(月)18:44~  
 良い人と出会い  
 良い生活を心がけて  
 幸せに生きる方法に  
 トライしてゆく  
 『食事』 『運動』  
 『生きがい』 が  
 長生きの秘訣です。

