

History and Evolution of

OLIVE OIL AND THE MEDITERRANEAN DIET



8000 BCE

It is reported that Neolithic peoples from the Mediterranean region collected wild olives as far back as 8000 BCE



6000 BCE

In 6000 BCE, olive trees were domesticated in the Asia Minor region

4500 BCE

In 4500 BCE, it is reported that Canaanites (living in the area that is now Israel) were making olive oil



4000 BCE

Olive trees domesticated in the Levantine region

3500 BCE

The oldest oil container (oil amphorae) that was discovered is likely from around 3500 BCE



3000 BCE

Olive trees domesticated in the Mesopotamian region

2000 BCE

Wild edible greens and legumes become prominent in the diet of those in the Mediterranean, along with the traditional elements of Mediterranean diet, such as wheat, wine and olive oil



1500 BCE

Greek poet Homer, includes in his poems that Greece is the largest producer of olive oil



1300 BCE

Israelites squeezed olives by hand to release oil



1400s

Ottoman cuisine influence becomes noticeable in Mediterranean regions – e.g. kofte Turkish coffee



700 BCE

Oil presses were discovered nearby to Jerusalem

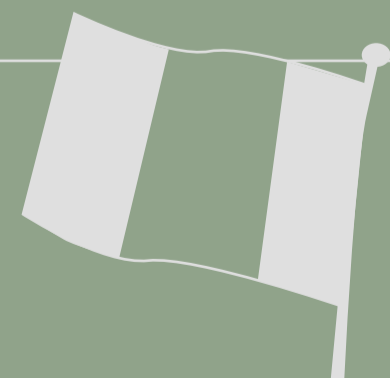


1500s

South American cuisine influences the diet in the Mediterranean – e.g. tomatoes, potatoes, chillies and citrus

1600s

Evidence that Europeans and Americans were promoting the Mediterranean diet pattern



1900s

French cuisine influences the diet in the Mediterranean – e.g. béchamel sauce

