

Cooking with **EXTRA VIRGIN OLIVE OIL**

Cooking with Extra Virgin Olive Oil has been the cornerstone of the Mediterranean Diet for thousands of years

It is a healthy oil to use for all types of cooking

WHY CAN YOU COOK WITH EXTRA VIRGIN OLIVE OIL?

Extra Virgin Olive Oil is naturally high in **antioxidants** and **healthy fats**

This healthy combination is unique to Extra Virgin Olive Oil

When Extra Virgin Olive Oil is heated, the natural antioxidants keep the healthy fats stable.

DID YOU KNOW?

When you cook in high quality Extra Virgin Olive Oil, the healthy nutrients (e.g. vitamins and antioxidants) from the oil can enrich the food, boosting the antioxidant content of the meal. What's more, cooking in Extra Virgin Olive Oil makes vegetables taste better and helps with the absorption of fat-soluble nutrients.

HOW CAN YOU COOK WITH EXTRA VIRGIN OLIVE OIL?

Extra Virgin Olive Oil is suitable for sautéing, pan frying, deep frying and oven baking. Every style of cooking at home.



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WHAT IS EXTRA VIRGIN OLIVE OIL?

Extra Virgin Olive Oil is the fresh juice that is squeezed from the olive fruit.

Extra Virgin Olive Oil is 100% natural. A high quality Extra Virgin Olive Oil is extracted from olives very soon after they have been harvested from the tree, using a gentle crushing and mixing technique which retains the natural goodness in the olive fruit.

HOW DO YOU SELECT A HIGH QUALITY EXTRA VIRGIN OLIVE OIL?

To be certain you are selecting a true high quality Extra Virgin Olive Oil, ensure:



It is certified for meeting the Extra Virgin Olive Oil grade and quality requirements. See the Olive Wellness Institute for further information on certification programs that exist in each country.



It is clearly labelled with "Extra Virgin Olive Oil" – If the label only states Olive Oil, it does not contain the healthy natural antioxidants.



Choose a locally grown oil, which is fresher, and has not been in storage for long periods of time.

? DID YOU KNOW

Smoke point is not a good measure to determine the stability of an oil when cooking

An oil becomes unhealthy for consumption when the fats start to breakdown. The smoke point of an oil does not tell you when a fat starts to break down.

This is a very common myth.

For more information and olive science references, please visit the website
(www.olivewellnessinstitute.org/leafletreferences)

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