

Introduction to Olive Oil

GRADES OF OLIVE OIL

Natural olive oils

EXTRA VIRGIN OLIVE OIL

Highest grade of olive oil
Free acidity <0.8 g/100 g and
no defects
High in natural antioxidants and
biophenols

VIRGIN OLIVE OIL

Lower grade than EVOO
Free acidity <2 g/100 g and/or
slight defects
Moderately high in natural
antioxidants

LAMPANTE OLIVE OIL

Not fit for consumption without
further processing
Only intended for refining or
technical use

Refined* olive oils

REFINED OLIVE OIL

Obtained from natural olive oils
and then refined
No natural antioxidants and low
in flavour
High in trans fats

OLIVE OIL

Composed of refined olive oil and
~5–15% EVOO and/or VOO
Low in flavour and antioxidants
High in trans fats

Olive-pomace oils

CRUDE OLIVE-POMACE OIL

Obtained from treating olive pomace
with solvents/physical treatments
Not fit for human consumption
without further processing
For refining or technical use only

REFINED OLIVE-POMACE OIL

Oil produced from refining crude
olive-pomace oil
High in trans fats
No natural antioxidants

OLIVE-POMACE OIL

Blend of refined olive-pomace
oil and EVOO or VOO

Grade definitions are based on the Australian Standard for Olive oils and olive pomace-oils.

Refining involves processing such as high heat, high pressure and chemicals.

Terms such as "Extra Light" and "Pure" Olive Oil are not permitted in the standards as they are misleading.

These definitions are not permitted in the standards as they are misleading. These terms refer to refined olive oils, and are not lighter in calories.

