

MAJOR DIFFERENCES BETWEEN COBRAM ESTATE EXTRA VIRGIN OLIVE OIL, VIRGIN OLIVE OIL AND OLIVE OIL (REFINED BLENDS)

NATURAL OLIVE OILS – OBTAINED BY SOLE MECHANICAL/PHYSICAL MEANS – NO ALTERATIONS IN THE OIL

REFINED OLIVE OILS – REFINING PROCESS LEADS TO ALTERATIONS IN NATURAL STRUCTURE OF THE OIL

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Virgin Olive Oil	✓	✓✓✓	✓✓✓✓	✓	175
Olive Oil (Refined blends)	✗	✓	✓✓✓✓	✗	230

* Based on analysis performed on standard supermarket products by ISO 17025 accredited laboratory (except smoke point values)



- Extra Virgin Olive Oil (EVOO) is the highest grade of olive oil (first cold pressed) – **it is high in natural antioxidants and is trans fat free.**
- Virgin Olive Oil (VOO) is moderately high in natural antioxidants and low in trans fats. It is considered less healthy than EVOO.
- Olive Oils (Refined Blends) – refined using deodorisation, heat treatments and chemical treatments. They **lack the natural antioxidant content and are higher in trans fats.** Olive Oil Blends contain some EVOO/VOO and some refined OO.
- Olive Oils (Refined Blends) - **only contain 5-15% of EVOO or VOO.**

MAJOR DIFFERENCES BETWEEN COBRAM ESTATE EXTRA VIRGIN OLIVE OIL AND CANOLA OIL

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Canola Oil	✗	✓	✓✓✓✓	✗	230

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- Canola Oil has undergone thermal (heat) and chemical refining as well as total or partial solvent extraction leading to **levels of trans fats more than 10 times higher than EVOO.**
- Canola Oil has a large proportion of polyunsaturated fatty acids, making it more **susceptible to oxidation, with a much shorter shelf life than EVOO.**
- Canola Oil **does not contain significant amounts of natural antioxidants.** Most of the alpha-tocopherol (Vitamin E) content is artificially added after the refining process to give the oil added stability and extended shelf life.
- Some Canola Oils **contain GMO ingredients** (premium EVOO does not).

MAJOR DIFFERENCES BETWEEN
**COBRAM ESTATE EXTRA VIRGIN OLIVE OIL
AND RICE BRAN OIL**

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Rice Bran Oil	✗	✓	✓✓✓✓	✗	240

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- Rice bran oil has a large proportion of both saturated fatty acids and polyunsaturated fatty acids.
- It is also **rich in just one antioxidant (oryzanol), which has not been studied extensively for health benefits in humans.**
- Most commercial brands of Rice Bran Oil are **refined versions with some levels of trans fats and a high content of stigmastadienes.**

MAJOR DIFFERENCES BETWEEN
COBRAM ESTATE EXTRA VIRGIN OLIVE OIL
AND VIRGIN COCONUT OIL

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Virgin Coconut Oil	✓	✗	✓	✓	170

* Based on analysis performed on standard supermarket products by ISO 17025 accredited laboratory (except smoke point values)



- Being a virgin oil, this oil does not contain any trans fats or stigmastadienes.
- However virgin coconut oil **does not contain natural levels of antioxidants.**
- Virgin coconut oil's fatty acid composition is mostly saturated fatty acids.
- Its **smoke point is some 35-40°C lower than high quality EV00.**

MAJOR DIFFERENCES BETWEEN
COBRAM ESTATE EXTRA VIRGIN OLIVE OIL AND REFINED COCONUT OIL
(MOST COMMON FORM OF COCONUT OIL USED WORLDWIDE)

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Refined Coconut Oil	✗	✗	✓	✗	200

* Based on analysis performed on standard supermarket products by ISO 17025 accredited laboratory (except smoke point values)



- Refined coconut oil contains some **trans fats and stigmastadienes**.
- Refined coconut oil **does not contain natural levels of antioxidants**.
- Refined coconut oil's fatty acid composition is mostly saturated fatty acids.

MAJOR DIFFERENCES BETWEEN
COBRAM ESTATE EXTRA VIRGIN OLIVE OIL
AND AVOCADO OIL

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Avocado Oil	✓	✓	✓✓✓✓	✓	197

* Based on analysis performed on standard supermarket products by ISO 17025 accredited laboratory (except smoke point values)



- Virgin avocado oil has a similar fatty acid profile to EVOO, but has **significantly lower levels of polyphenols and other antioxidants**. As a consequence, avocado oil **goes rancid more easily**.
- With the rare exception of a few premium brands, most avocado oils are **produced from discarded fruit for the fresh market and the quality of the oil is not as good as a high quality EVOO**.

MAJOR DIFFERENCES BETWEEN
**COBRAM ESTATE EXTRA VIRGIN OLIVE OIL
AND MACADAMIA OIL**

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Macadamia Oil	✓	✓	✓✓✓✓	✓	210

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- Virgin macadamia oil is one of the few nut oils which has a large percentage of mono-unsaturated fatty acids as opposed to the other nut oils (i.e. walnut or almond) which have a rather dominant fraction of polyunsaturated fatty acids.
- Unlike EVOO, where almost all MUFAs come from oleic acid, macadamia oil has a rather **large fraction of palmitoleic acid, which has not been confirmed to be as beneficial as oleic acid.**
- Smoke point of macadamia oil is similar to a high quality EVOO (210°C) but it **contains almost no natural antioxidants.**
- Nut based oils may trigger nut allergies.

MAJOR DIFFERENCES BETWEEN COBRAM ESTATE EXTRA VIRGIN OLIVE OIL AND MARGARINE OR BUTTER

Oil Type	Naturally obtained?	Antioxidants	Mono-unsaturated Fatty Acids	Free from Trans Fats?	Smoke Point (approx)
Cobram Estate Extra Virgin Olive Oil	✓	✓✓✓✓✓	✓✓✓✓	✓	210
Average Extra Virgin Olive Oil	✓	✓✓✓✓	✓✓✓✓	✓	190
Margarine	✗	✗	✓	✗	180
Butter	✓	✗	✗	✓	135



VS



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- Margarine contains **hydrogenated vegetable oils (GMO), hexane, bleach, emulsifiers, artificial dye and synthetic nutrients.**
- Margarine is **high in trans fats** (premium EVOO contains no trans fats).
- Butter has a high content of saturated fat rather than MUFA, like EVOO.
- Butter may be an issue with dairy intolerances or allergies.