

## Introduction to Olive Oil

# GRADES OF OLIVE OIL

### Natural Olive Oils

#### EXTRA VIRGIN OLIVE OIL

- Highest grade of olive oil
- High in natural antioxidants and polyphenols
- Trans fat free

#### VIRGIN OLIVE OIL

- Lower grade than EVOO
- Moderately high in natural antioxidants
- Considered less healthy than EVOO

#### LAMPANTE OLIVE OIL

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

### Refined Olive Oils and blends

#### REFINED OLIVE OIL

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

#### OLIVE OIL

- Composed of refined olive oil and EVOO or VOO
- Typically contains 5–15% of EVOO and/or VOO

#### EXTRA LIGHT & PURE OLIVE OIL

- Paler colour
- Similar to olive oil
- Low in flavour and antioxidants (not in calories)

### Pomace (waste) Olive Oil

#### CRUDE OLIVE-POMACE OIL

- Obtained from treating olive pomace with solvents/physical treatments
- 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

EVOO = Extra Virgin olive oil | VOO = Virgin olive oil