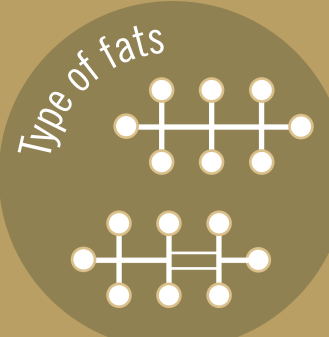


DID YOU KNOW?

you **CAN** cook with Extra Virgin Olive Oil

Cobram Estate®

You may have heard that the suitability of an oil for cooking is based on its smoke point...



But research indicates that **COOKING SUITABILITY** comes down to the antioxidant levels and the type of fats present in the oil, not smoke point.

Extra Virgin Olive Oil (EVOO) is **naturally high in antioxidants and healthy stable fats** – so not only can you cook with Extra Virgin Olive Oil, it is healthy to do so.

WHAT IS A SMOKE POINT?

The smoke point of an oil refers to the temperature at which the oil produces a thin, continuous stream of bluish smoke.



There is **no scientific evidence** to support an oil's safety and suitability for cooking based on its smoke point.

In fact, research has shown a poor correlation between an oil's smoke point

and its performance when heated.

Why is the smoke point **NOT A GOOD INDICATOR** of cooking suitability?

A study in 2018 concluded that measures of the oil's **oxidative stability, secondary products of oxidation and polyunsaturated fats are better predictors of an oil's cooking suitability**. It is important to note the more antioxidants, the more oxidative stability & the less secondary products of oxidation.

EVOO is the **most stable oil when heated** compared to other oils with higher smoke points.

WHY IS EXTRA VIRGIN OLIVE OIL (EVOO) SUITABLE FOR COOKING?

EVOO is **less prone to oxidation when heated than other oils** because it is rich in monounsaturated fats, has a unique antioxidant composition and has not undergone any refining.

Cooking with EVOO does not produce significant traces of trans fats. EVOO is in fact less prone to producing trans fats than other vegetable oils.

Of all the oils tested in the 2018 study, EVOO was shown to be the oil that produced the **lowest level of harmful polar compounds**.

The more refined an oil was, the more likely it was to break down and form harmful polar compounds.

Refining can include the use of heat or chemicals to remove impurities in the oil. Examples of refined oils includes vegetable oil, rice bran oil and olive oil.

The presence of natural antioxidants in EVOO, such as biophenols and vitamin E, enhance the oil's stability and resistance to breaking down. It has been documented that antioxidant compounds can be transferred to food while cooking, which could have a nutritionally positive impact on health.

CAN I DEEP FRY AND PAN FRY WITH EXTRA VIRGIN OLIVE OIL? YES!

Australian research indicates that EVOO is suitable for use with all cooking methods, including deep-frying, sautéing, and stir-frying.

Research indicates EVOO does not ruin non-stick Teflon coated pans at any different rate than other oils. On the contrary, EVOO, like any other oil, acts as a lubricant, preventing the food from sticking to the pan.

WILL COOKING WITH EVOO RUIN THE COATING OF MY TEFLON PANS? NO!

DO THE ANTIOXIDANTS IN EXTRA VIRGIN OLIVE OIL DETERIORATE WHEN IT'S HEATED?

A small number of chemical changes are necessary so that the food produces the distinctive flavour, colour, and texture after cooking. Unlike any other oil, EVOO is a rich mixture of biophenols, squalene, vitamin E and other minor compounds that play different antioxidant roles.

Antioxidants may decrease during heating, protecting the oil against degradation, but they will certainly remain afterwards if the heating conditions are not extreme.

When cooking at home, normally EVOO does not reach excessive temperatures for prolonged periods of time that deteriorate either the food, or the oil, in a way that makes them inedible or unsafe.

CAN COOKING IN EXTRA VIRGIN OLIVE OIL IMPROVE THE NUTRITIONAL PROFILE OF OTHER FOODS?

Most food cooked in EVOO will contain a higher proportion of monounsaturated fats than the original food.

Antioxidants from the oil also transfer into cooked food.

ABSOLUTELY! Not to mention the added taste benefits from using a high quality Australian EVOO!

Fat soluble vitamins, and food components such as **glucosinolates** (found in broccoli and kale) and **carotenoids** (found in carrots) are better absorbed by the body when cooked in EVOO.

SO, WHICH OIL IS THE HEALTHIEST FOR ME TO COOK WITH?

Extra Virgin Olive Oil!

It contains high antioxidants, no trans fats, is a source of Vitamin E and features high levels of healthy unsaturated fats.

All the many health benefits of EVOO still apply when used in cooking.

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