

EVOO is Oh So Good!

February 22, 2024



Concepts Taught

- Review the health benefits of using olive oil.
- Learn how to shop for quality olive oil.
- Learn how to best store your olive oil.
- Leave with resources and cookbook recommendations for recipes using olive oil.

Nutrition

- Olive oil is a source of fat in the diet. The type of fat in olive oil is an unsaturated fat, which is heart healthy.
- Olive can also be a good source of antioxidants.

Health benefits

- Olive oil is part of a heart healthy diet.
- Plays a role in positive impacts on diabetes and reduction in cancer rates too.
- Olive oil is the primary source of fat in the Mediterranean Diet, which has been voted #1 Best Overall Diet for 7 years in a row.



Saturated fats

- Unsaturated fats, like olive oil, are recommended to be used to replace sources of saturated fat in the diet.
- Unsaturated fats: nuts, seeds, olive oil, avocado oil, vegetable oil, peanut butter
- Saturated fats: butter, cream cheese, sour cream, coconut oil, cheese

Grades of olive oil

- Virgin:
 - Highest quality grade; least processed and most flavorful; have the highest concentration of antioxidants
 - Check for words, like “cold-pressed” or “first press”
 - Extra virgin olive oil, virgin olive oil are in this category
- Refined:
 - Has been processed and filtered; less flavor and generally a blend of oils
 - Still a heart healthy choice, but with less antioxidants
 - Pure olive oil, olive oil are in this category

Flavor of olive oil

- Labels that say “light” olive oil are describing a light flavor to the olive oil. Light olive oil does not have less calories.
- Other labels may say “robust” or “rich” which indicates a more flavorful oil.

Shopping for olive oil

- Buy in quantities that you will be able to use in 2-3 months for best quality (flavor and health benefits)
- Buy extra virgin or virgin olive oils in dark green or tin containers
- Check “best by” dates

Storing olive oil

- Keep away from light, air and heat. Store in a cool, dark cupboard. Do not store near stove or on top of refrigerator. Keep in dark green or tin container.

Cookbook recommendations

- The Complete Mediterranean Cookbook from America’s Test Kitchen
- The 30-Minute Mediterranean Diet Cookbook from Serena Ball, MS, RDN and Deanna Segrave-Daly, RDN