OLIVE OIL 101
Presented by the North American Olive Oil Association (NAOOA)

ABOUT EXTRA VIRGIN OLIVE OIL (EVOO)

- High in heart-healthy monounsaturated fat, has full complement of naturally occurring antioxidants and polyphenols
- Produced through natural crushing of olives without heat or chemicals
- 100% extra virgin olive oil
- Broad range of fruity flavors and aromas

USES

- Sautéing, grilling, roasting, baking, pan frying, deep frying
- Drizzling, dipping, dressings and marinades

TIP

Delicious used raw as a condiment or in cooking, versatile extra virgin olive oil makes food taste better. Pair different EVOOs with dishes to explore what you like best.

ABOUT OLIVE OIL

- High in heart-healthy monounsaturated fat, has some antioxidants and polyphenols
- Produced through natural crushing of olives and then refined; no solvents used
- A blend of refined olive oil and extra virgin/virgin olive oil
- Mild, neutral flavors, more like vegetable oils; ‘light-tasting’ is most neutral

USES

- Sautéing, grilling, roasting, baking, pan frying, deep frying
- Dressings and marinades

TIP

Perfect for meal preparation when more neutral flavors are preferred. Excellent substitute for butter, margarine and other more highly-processed neutral oils.

STORING OLIVE OIL? REMEMBER HOLA: Heat, Oxygen, Light, Age

- HEAT: Store olive oil away from heat sources, like the stove or oven.
- OXYGEN: Always store olive oil in a bottle with a cap or seal, as air exposure can affect taste.
- LIGHT: Store olive oil away from windows and fluorescent lighting.
- AGE: Shelf life for olive oil is no more than two years from bottling. Look for best-before dates on label.

Bottom Line: Pay attention to best-before dates when purchasing olive oil. Store in a dark, cool place and use within a few months of opening the bottle. Harvest date, if available, also provides useful information, especially for raw uses.