

OLIVE OIL, EXTRA VIRGIN

PRODUCT DATA SHEET



EXTRA VIRGIN OLIVE OIL is a Natural Vegetable Oil original from the Mediterranean area broadly used in cooking.

OLIVE OIL has been used as edible and cosmetic oil for more than 4,000 years and its uses are attested throughout ancient literature, appearing in Mesopotamian, Hittite, Hebrew, Mycenaean, Greek, and Roman works.

EXTRA VIRGIN OLIVE OIL is greatest exponent of monounsaturated fat is olive oil, and it is a prime component of the Mediterranean Diet.

The beneficial health effects of **OLIVE OIL** are due to both its high content of monounsaturated fatty acids and its high content of antioxidative substances. Studies have shown that **OLIVE OIL** offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels¹⁻³.

TECHNICAL DATA

Appearance: Yellow or greenish oil
Acidity: ≤ 0.8 %

NUTRITIONAL INFORMATION	TYPICAL g/100 g
Energy	3768 KJ or 900 Kcal
Proteins	0
Fibres	0
Fat	100
of which, polyunsaturated fatty acids	8
monounsaturated fatty acids	79
saturated fatty acids	13
Cholesterol	0
Salt content	0

1.Keys A, Menotti A, Karvonen MJ, et al.: The diet and 15-year death rate in the Seven Countries Study. Am J Epidemiol 124: 903-915 (1986)

2.Willett WC: Diet and coronary heart disease. Monog. in Epidemiology and Biostatistics 15: 341-379 (1990)

3.World Health Organization: Diet, nutrition, and the prevention of chronic diseases. Report of a WHO Study Group. WHO Technical Report Series 797, Geneva 1990