

# EVOO is the juice of the Olive –

Fresh, high-antioxidant Extra Virgin Olive Oil (EVOO) is the gold-standard of oils! Due to many health promoting compounds such as biophenols, EVOO has a well-deserved and well-researched reputation for its health benefits, such as antioxidant (fights damage to cells), antimicrobial (prevents harmful invaders), and anti-inflammatory (reduces inflammation) properties.<sup>1</sup> Including EVOO in the diet can help to reduce the risk of a range of diseases including heart disease, stroke, diabetes, cancer, and neurodegenerative diseases, among others.<sup>2</sup>



being crushed in the Southern Hemisphere (i.e.- Australia, Chile). Look for a crush date (not an expiry!) on your bottle to tell you how fresh your EVOO is. Look for a crush date that's no more than one year old.

EVOO truly is "Liquid Gold"!

You can cook with EVOO! Sauté, fry, roast, and bake with EVOO! Recent research has shown fresh, high-antioxidant EVOO to be the most stable oil when heated compared to other common food cooking oils<sup>3</sup> and can increase the nutrient content of food.<sup>4</sup>

For additional resources visit:

<https://olivewellnessinstitute.org/>

*Written by Bailey Morin, BSc. Bailey believes that food is a powerful tool that connects us to the land, to each other, and to our shared interest in keeping the planet healthy for future generations. Bailey holds a BSc. in Food, Nutrition, and Health from UBC, graduated from the UBC Farm Practicum in Sustainable Agriculture and has over 10 years of customer service experience in the food industry. Currently, she farms at the Sharing Farm, growing food for under-served communities in the Lower Mainland.*

#### References:

1. Cicerale S, Lucas L, Keast R. Antimicrobial, antioxidant and anti-inflammatory phenolic activities in extra virgin olive oil. *Current opinion in biotechnology.* 2011;2012;23:129-135.
2. Dinu M, Pagliari G, Casini A, Sofi F. Mediterranean diet and multiple health outcomes: an umbrella review of meta-analyses of observational studies and randomised trials. *EUROPEAN JOURNAL OF CLINICAL NUTRITION.* 2018;72:30-43.
3. Guillaume C, De Alzaa F, Ravetti L. Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating. *ASNH.* 2018; 2.6: 02-11.
4. Extra Virgin Olive Oil Health & Nutrition Report 2023. Olive Wellness Institute. 2023

EVOO is made from the first crush of the olive, pits-and-all, at a low temperature so that all the nutrients are kept safe. Other grades of olive oil, like pure, light, and extra-light oils, use chemical or heat extraction to produce more oil. These methods break down the healthy parts of the oil and despite the "light" names, they aren't lower in calories.

Find fresh EVOO year-round! EVOO is the juice of the olive: the fresher, the better! Lucky for us, good EVOO is made all around the world! In the Fall, olives are being crushed in the Northern Hemisphere (i.e.- Spain, Portugal, Greece) and in the Spring they're



If our oils were any fresher, they'd still be on the tree!

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