

Australian
**Extra
Virgin**
Olive Oil
Everyday

FACT SHEET

THE **BENEFITS** OF AUSTRALIAN EXTRA VIRGIN OLIVE OIL

Australian Extra Virgin Olive Oil is the fresh juice of the olive fruit. It has many health and culinary benefits, making it one of the most valuable kitchen ingredients.

THE BENEFITS OF AUSTRALIAN EXTRA VIRGIN OLIVE OIL

Extra Virgin Olive Oil is the fresh juice squeezed from the olive fruit. It's not refined or extracted using chemical processes, making it high in natural antioxidants and healthy fats.

Health*

Australian Extra Virgin Olive Oil (AEVOO) is high in good (monounsaturated) fats and antioxidants, and 100% natural, making it a great tasting ingredient that's also healthy.

Heart Health

Research has shown the high levels of antioxidants in Extra Virgin Olive Oil can help prevent and reduce diseases associated with the heart.

Weight Control

Evidence shows that when Extra Virgin Olive Oil is used as part of a Mediterranean diet, it is associated with lower body weight.

Anti-inflammatory

AEVOO contains a substance called oleocanthal, which has anti-inflammatory properties.

AEVOO is high in antioxidants, adding to its flavour, versatility, health benefits and cooking stability.



Quality

Modern production methods in the Australian industry means Australian Extra Virgin Olive Oils are among the best in the world, and there is an abundance of high-quality Extra Virgin Olive Oils available.

With consumers demanding higher quality ingredients and increasingly wanting to understand the origins of the food they eat, AEVOO is a fresh, quality and local ingredient you can stand behind.



Certified Australian growers display harvest date and best before dates. In most cases, AEVOO goes from the tree to table within months. This freshness means you'll be cooking with a premium quality ingredient.

AEVOO is the pure expression of Australia's highest quality olives, and nothing more. No chemicals, preservatives or blends.

Versatility and Flavour

The modern Australian olive industry has hand-selected a wide range of high-quality olive varieties from around the world, providing Australian chefs and consumers with an unparalleled range of flavours and styles suitable for a range of different purposes.

Common olive varieties planted in Australia include Arbequina, Barnea, Coratina, Corregiola, Frantoio, Koroneiki, Leccino and Picual.

EXTRA VIRGIN OLIVE OIL

The highest grade and healthiest cooking oil. No chemicals, preservatives or blends.

OLIVE OIL
(Also known as Extra Light Olive Oil)

A refined oil that is subject to chemical processing.

REFINED OILS
(Many vegetable oils such as sunflower and canola)

Oils that are refined using chemical processes.

* NOTES:

- Dinu M, Pagliai G, Casini A et al. Mediterranean diet and multiple health outcomes: an umbrella review of meta-analyses of observational studies and randomised trials. *Eur J Clin Nutr.* 2017;27(1):doi:10.1038/ejcn.2017.58.
- Sofi F, Abbate R, Gensini G et al. Accruing evidence on benefits of adherence to the Mediterranean diet on health: an updated systematic review and meta-analysis. *Am J Clin Nutr.* 2010;92(5):1189-96.
- Estruch R, Ros E, Sala-Salvao J, et al. Primary prevention of cardiovascular disease with a Mediterranean diet supplemented with Extra Virgin Olive Oil or Nuts. *N Engl J Med.* 2018;378(25):e34(1-14).

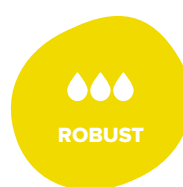
THE FLAVOUR MAKER



With a lighter taste, mild AEVOO is delicate, subtle and versatile – allowing other flavours to take centre stage. Perfect for uses such as stir-frying, baking and sautéing.



Classic AEVOO is brimming with fresh fruity aromas and pungent flavours, making it a good choice when you want a bit more flavour. Great for uses such as grilling, dressing salads, dipping or roasting vegetables.



For those who relish the delicious full flavour of olive oil, Robust AEVOO is the way to go! Perfect for roast meats and vegetables, or for generously drizzling on salads, and a welcome addition to stews, casseroles and marinades.

AEVOO is a versatile oil with flavour profiles to suit any cuisine or dish – sweet or savoury.

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