



Olive Oil

Olive oil is a great addition to your diet. Research has shown it may reduce the risk of heart disease, protect against the development of some cancers, and may have beneficial effects of blood pressure, obesity, rheumatoid arthritis and inflammation.

Olive oil is produced by the pressing/crushing olives. You'll find different grades of olive oil, from extra virgin to extra light. What's the difference? It comes down to the amount of processing involved. The less the oil is refined by heat and chemical treatments, the higher the quality of the oil, which are believed to have the greatest health benefits.

- Extra virgin olive oil is the premium grade. It's made from the first press of the olives, using a cold press technique with no chemicals and very little heat applied.
- Virgin olive oil comes from the second press, again using no chemicals and little heat.
- Olive oil is an inferior oil produced by subsequent pressings after the virgin oil has been extracted. It then undergoes a refining process involving heat, chemical solvents, high pressure and filtration. This oil is mixed with a small quantity of virgin olive oil to restore colour and flavour.
- Light varieties of olive oil are produced from the last press of the olives. They are more refined with very little of the natural olive flavour and colour.

They are all rich in monounsaturated fat and fat soluble vitamins, but the extra virgin olive oil wins out when it comes to antioxidants.

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