Choosing extra virgin olive oil as your main source of dietary oil or fat, as well as eating a healthy and balanced diet high in fruits, vegetables and whole grain breads and cereals, may reduce your risk of chronic disease development.

Virgin varieties of olive oil are believed to offer the greatest health benefits as they retain most of the olive fruit's nutrients.

Locally produced olive oil is better than imported, due to local oil being kept in storage for a shorter time than imported oil. Prolonged storage may result in the breaking down of some of the olive oil's nutrients.
- **Virgin** – This oil is produced from the second pressing of olives or from the second-best grade of olives by cold-pressing, without use of chemicals and use of little heat.

- **Olive oil** – Also marketed as ‘pure’ olive oil. This type of oil is non-virgin, commercial-grade olive oil. It is ‘pure’ olive oil to the extent that it consists only of olive oil. This grade of olive oil consists of the inferior oil that is a result of subsequent pressings after the virgin oil has been extracted from lower-quality olives. This oil then undergoes a refining process involving heat, chemical solvents, high pressure and filtration treatments. This oil is then mixed with a small quantity of virgin olive oil to restore colour and flavour.

- **Light and extra light** – These oils are produced from the last pressing of olives. They are more refined and of lower quality than the other grades. There is little of the natural olive flavour and colour in these oils.

### Where to get help

- Dietitians Association of Australia Tel. 1800 812 942
- Registered nutritionist.

### Things to remember

- Choosing olive oil as your main source of dietary oil or fat, as well as eating a healthy and balanced diet containing a variety of fruits, vegetables and whole grain breads and cereals, may reduce your risk of chronic disease development.

- Virgin varieties of olive oil are believed to offer the greatest health benefits as they retain the majority of the olive fruit’s nutrients.

- Locally produced olive oil is better than imported, due to local oil being kept in storage for a shorter time than imported oil. Prolonged storage may result in the breaking down of some of the olive oil’s nutrients.