

Information about Olive Oil

WHAT IS OLIVE OIL?

Olive trees are predominantly grown in Mediterranean climates. Today, Spain produces more than ¼ of the world's olive oil, with other major producing countries including Italy, Greece, Turkey, Morocco, Tunisia, Portugal and Syria. The fruit is harvested once a year, and once the trees are mature, they can continue producing for centuries.

Due to its typically high cost, adulteration has been an issue with olive oil. With this in mind, new EU regulations were published in 2022: EU 2022 / 2104 specifying the market requirements for labelling of each grade of olive oil and EU 2022 / 2105 specifying methods of analysis for determining the characteristics of olive oils.

Nutritional Values

Saturates
15g

Mono-
unsaturates
70g

Poly-
unsaturates
10g

OLIVE OIL INSIGHTS

There are various grades of olive oil, the most common of these are:

Extra Virgin Olive Oil - this is the highest grade of olive oil, derived by the cold mechanical pressing of the olives, with low levels of free fatty acids and a superior flavour

Virgin Olive Oil - this is a lower grade than extra virgin, higher levels of free fatty acids are permitted and a slightly inferior flavour

Refined Olive Oil - this is a fully refined virgin oil, with very low levels of free fatty acids and a neutral or slight olive flavour

Refined Olive Pomace Oil - this oil is extracted from the remaining paste after removal of virgin olive oil and then fully refined. Note that it has the same nutritional composition as the other grades of olive oil.

Quick Facts



SPAIN, TURKEY & GREECE
are the biggest producers



330 KILOS
of olive oil per annum from
one hectare of trees



1.26% OF MARKET SHARE

KEY FEATURES

- Olive oil is low in saturated fat.
- Contains one of the highest levels of monounsaturates (mainly from oleic acid).
- It is a key component in the Mediterranean diet.

USES AND APPLICATIONS

- Olive oil is commonly used for shallow frying, pan frying, cooking, and baking.
- It is a popular ingredient in salad dressings and marinades.
- Olive oil plays a role in religious ceremonies, including the anointing of ecclesiastical leaders, monarchs, and the sick.