



## Extra virgin olive oil is the safest for frying, studies confirm

**"Olive oil is suitable for Asian cuisine and is much healthier than animal fats or chemically extracted vegetable oils", according to the TAICHI project promoting "pure olive juice" in China and Taiwan. The project led by CNO, UNAPOL and UNASCO aims to be a source of correct information for the Asian consumers.**

Recent scientific studies have proven that extra virgin olive oil can withstand high cooking temperatures due to its high smoke point, which makes it a very safe and healthy cooking oil suitable for Chinese cuisine that typically involves stir-frying, deep-frying and barbecuing. The TAICHI project experts have reviewed the latest scientific publications to prove that olive oil is perfectly safe for frying:

### High smoke point

According to 2017 research published in *Comprehensive Reviews in Food Science and Food Safety* journal, extra virgin olive oil has a smoke point up to 210°C, which is perfectly suitable for most home cooking methods, including pan frying (100-150°C), deep frying (177-200°C), and oven baking (180-215°C).

### Oxidative stability

A study by a group of European researchers analysed *Olive oil stability under deep-frying conditions*. The results showed that even after 15-24 hours of heating olive oil samples they were clearly more stable and resistant to oxidation compared to vegetable oil blends. It is monounsaturated fatty acids (MUFA) and antioxidants, which make extra virgin olive oil 50 times more resistant to oxidation than many seed and vegetable oils. Typically used in Chinese cuisine, soybean, canola, sunflower and peanut oils contain high levels of less stable polyunsaturated fatty acids (PUFA) that may generate harmful substances, when being heated for a long time or frequently reused (as it often happens in fast food restaurants).

### Health and nutritional benefits

Research published in the *Food Chemistry* journal shows that some vegetables increase their nutritional value and antioxidant capacity after being fried in extra virgin olive oil because the oil's antioxidants, polyphenols and vitamins are absorbed by the food. This brings you many associated health benefits such as lower risk of many chronic diseases.

These facts are now reaching also China and Taiwan, thanks to the TAICHI project led by Italy's three major associations of olive oil producers, CNO, UNAPOL and UNASCO. The project, promoting the consumption of European extra virgin oil in Asia, provides latest news and scientific evidence related to this healthy product.



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