



Extra virgin olive oil healthiest oil to use at high temperatures, research suggests

A 2018 study found extra virgin olive oil produced less of a harmful substance when heated to high temperatures than other cooking oils.

A recent study published in the Acta Scientific Nutritional Health journal has found that extra virgin olive oil produces lower quantities of harmful substances called polar compounds than other cooking oils.

These polar compounds are not digestible and can impact negatively on health, leading to an increased long-term risk of heart diseases and short-term risk of gastrointestinal disorders, according to [Food Safety Magazine](#).

Scientists heated popular cooking oils including extra virgin olive oil, refined olive oil, grapeseed, coconut, canola, avocado, peanut, rice bran and sunflower oils to 240 degrees centigrade and exposed them to 180 degree temperatures for 6 hours, assessing the samples at various times.

They tested the smoke point of each oil, as well as measuring the presence of substances such as polar compounds.

The Australia-based research team found that extra virgin olive oil produced low levels of polar compounds and oxidative by-products when compared to the high levels of by-products generated for other oils such as canola oil.

They also found that extra virgin olive oil remained stable when heated to a high temperature due to its fatty acids and natural antioxidants – both of which are also beneficial to health.

With this study and other recent research projects pointing to the significant health benefits provided by extra virgin olive oil, the TAICHI project has taken on the mission of promoting this unique food in Mainland China and Taiwan.

Cooking with olive oil is a trend that has already been adopted by many food lovers in China – with Italian olive oil exports to the Chinese market rising 41% last year, according to Chinese market analysis company Daxue Consulting.

The international TAICHI project, co-funded by the European Union and supported by experts from Italy's three major olive oil-producing associations, is organising a number of educational and promotional events around olive oil – arguably one of the healthiest food trends of 2018.

To keep up with these events, you can download the OurOliveOil APP in [App Store](#) or [Google Play](#).

To find out more about the TAICHI project, visit OurOliveOil.com

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