

ALDI's Olive Oils Fact Sheet

How does the AOA define Extra Virgin Olive Oil?

Extra Virgin Olive Oil is the natural oil from high quality olives that have been picked straight off the tree and the oil extracted as soon as possible without the use of chemicals or heat, to ensure that its remarkable health benefits, flavour and freshness are maximised. (Extra Virgin Olive Oil is essentially the freshly squeezed juice of olives.)

What are the health benefits of Extra Virgin Olive Oil?

- ✓ It contains a wide variety of natural and valuable anti-oxidants that aren't found in other oils.
- ✓ Extra Virgin Olive Oil is a rich source of monounsaturated fatty acids.
- ✓ It's rich in phenols and vitamin E.

What to look out for when you buy Extra Virgin Olive Oil

- ✓ For Australian oils, look for the triangle 'certified Australian Extra Virgin' symbol as your guarantee that the olive oil is 100% authentic Australian Extra Virgin Olive Oil.
- ✓ Light and heat can break down the chemical structure of olive oil and reduce the health properties. When picking Extra Virgin Olive Oil – choose one packaged in tinted glass or tin.

