



COBRAM ESTATE

NOT ALL EXTRA VIRGIN OLIVE OIL IS CREATED EQUAL

What is Extra Virgin Olive Oil?

Extra virgin olive oil (EVOO) is the highest quality oil obtained solely from the fruit of the olive tree (*Olea europaea* L.) by mechanical means.

Extra virgin olive oil is **100% natural** - it is not refined or extracted using any chemicals or heat, leaving it high in natural polyphenols and healthy unsaturated fats. EVOO is also naturally free from trans fats.

No other oil contains the diverse range of plant compounds and antioxidants in the amounts found in EVOO.¹

At Cobram Estate, we treat every olive just right, crushing and juicing within 4-6 hours of picking, to capture the most amount of antioxidants and other essential nutrients.

What is the Difference Between Olive Oil & Extra Virgin Olive Oil?

Any oil labeled simply 'olive oil' has been refined using processes involving chemicals and/or heat and does not contain the same high levels of healthy natural biophenols like vitamin E, squalene and oleocanthal that extra virgin olive oil does. This includes 'light' or 'pure' olive oil.

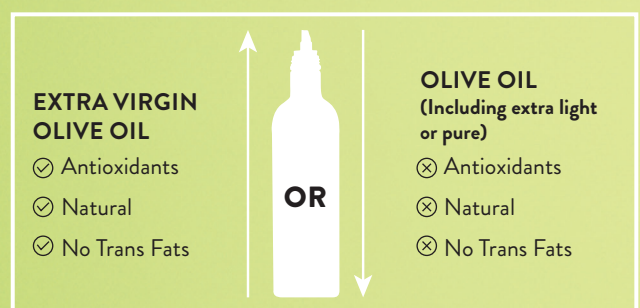
Can you cook with Extra Virgin Olive Oil?

You can and should cook with EVOO - studies show it is the most stable oil to cook with and least likely to break down when heated, even at high temperatures. This is because of its high level of mono-unsaturated fats and antioxidants.¹

It is also **healthy to cook with EVOO** - it helps absorb fat soluble nutrients in food and antioxidants from the oil transfer in to the cooked food.^{3,4}

In contrast, refined oils like canola oil, rice bran oil, vegetable oil and grapeseed oil:

- Contain trans fats
- Are more likely to break down and form harmful polar compounds when heated because of how they are produced and their fatty acid profile.²



**ON AVERAGE, 25-50ML (2-3 TB)
OF EVOO DAILY IS ASSOCIATED
WITH HEALTH BENEFITS.⁵**

WANT TO LEARN MORE? Visit www.cobramestate.com

1. Boskou, D. (2015). Olive oil and olive oil bioactive constituents (1st ed.). Illinois: AOCS Press. 2. De Alzaa, F., Guillaume, C., & Ravetti, L. (2018). Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating. *ACTA Scientific Nutritional Health*, 2(6), 2-11. 3. Ramirez-Anaya, J. P., Samaniego-Sánchez, C., Castañeda-Saucedo, M., Villalón-Mir, M., & de la Serrana, H. (2015). Phenols and the antioxidant capacity of Mediterranean vegetables prepared with extra virgin olive oil using different domestic cooking techniques. *Food Chemistry*, 188, 430-438. 4. Moreno, D. A., López-Berenguer, C., & García-Viguera, C. (2007). Effects of Stir-Fry Cooking with Different Edible Oils on the Phytochemical Composition of Broccoli. *Journal of food science*, 72(1). 5. Olive Wellness Institute (2022). Health Benefits of Extra Virgin Olive Oil. Retrieved from <https://olivewellnessinstitute.org/extra-virgin-olive-oil/health-benefits-of-extra-virgin-olive-oil/>