

Check your knowledge on Olive Oil and eco-friendly products

Did you know that:

1. **Virgin Olive Oil**, either “extra virgin” or “virgin”, has **high biological** and **nutritive value** as compared to other vegetable oils (i.e. sunflower, etc) ? YES NO
2. The **biological value** of virgin olive oil provides unique and important protection to your health, prevents diseases, treats illnesses, supports anti-aging, etc.? YES NO
3. The virgin olive oil is mechanically extracted from olive fruit while other vegetable oils need chemical means? YES NO
4. Eco-friendly products taking advantage of environmentally friendly management systems, minimize impacts to the environment, promote **sustainability** and ultimately the human health ? YES NO
5. The precious ingredients of olive oil are very sensitive to atmospheric conditions and should be kept appropriately (selective packaging, low temperature, avoid exposure to light and air, etc.) ? YES NO
6. Certification and standardization of virgin olive oil and of other products guarantees appropriate production processes and preservation of important ingredients ? YES NO
7. Olive oil contributes to healthier diet (i.e. Cretan and Mediterranean diet) mostly when used raw or towards the end of cooking ? YES NO
8. Olive oil is more suitable for frying than other vegetable oils because it boasts real tolerance in high temperatures, it is rich in monounsaturated fatty acids and thus is getting less oxidized and also adds better flavor to fried food ? YES NO



Quick info :

- The biological value of olive oil is related to the fact that it contains unsaturated and monounsaturated fatty acids, antioxidants, vitamins, etc. The mechanical treatment does not diminish the biological value of the product.
- Products from Organic Cultivation and the Integrated Management System (IMS) have certification and special labeling:

