

## Introduction to Olive Oil

# GRADES OF OLIVE OIL

### Natural olive oils

#### EXTRA VIRGIN OLIVE OIL

Highest grade of olive oil  
Free acidity <0.8 g/100 g and  
no defects  
High in natural antioxidants and  
biophenols

#### VIRGIN OLIVE OIL

Lower grade than EVOO  
Free acidity <2 g/100 g and/or  
slight defects  
Moderately high in natural  
antioxidants

#### LAMPANTE OLIVE OIL

Not fit for consumption without  
further processing  
Only intended for refining or  
technical use

### Refined\* olive oils

#### REFINED OLIVE OIL

Obtained from natural olive oils  
and then refined  
No natural antioxidants and low  
in flavour  
High in trans fats

#### OLIVE OIL

Composed of refined olive oil and  
~5–15% EVOO and/or VOO  
Low in flavour and antioxidants  
High in trans fats

### Olive-pomace oils

#### CRUDE OLIVE-POMACE OIL

Obtained from treating olive pomace  
with solvents/physical treatments  
Not fit for human consumption  
without further processing  
For refining or technical use only

#### REFINED OLIVE-POMACE OIL

Oil produced from refining crude  
olive-pomace oil  
High in trans fats  
No natural antioxidants

#### OLIVE-POMACE OIL

Blend of refined olive-pomace  
oil and EVOO or VOO

**Grade definitions are based on the Australian Standard for Olive oils and olive pomace-oils.**

Refining involves processing such as high heat, high pressure and chemicals.

Terms such as "Extra Light" and "Pure" Olive Oil are not permitted in the standards as they are misleading.

These definitions are not permitted in the standards as they are misleading. These terms refer to refined olive oils, and are not lighter in calories.

