

Olive Oil



Factsheet for Persons Living with Dementia and Care Partners

In this factsheet, you will learn about:



Refined vs. Unrefined



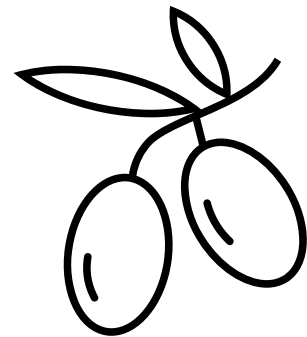
Benefits



Incorporating Olive Oil

Key ideas:

There are many different types of olive oils. Olive oils can be refined (heat- or chemically-processed) or unrefined (pure). Unrefined olive oils are more nutritious, as the refinement process strips away vitamins and antioxidants. Choose unrefined oils for salad dressing and bread dipping, as they have a lower smoke point when cooking. Extra-virgin olive oil is made from pure, cold-pressed olives.



- Olive oil is a staple in Mediterranean cuisines and demonstrated to have health benefits.
- Refined olive oils have a light flavour and aroma, plus higher smoke points. Refined olive oils are better for cooking and baking.
- Unrefined olive oils can be a flavourful ingredient.

Different olive oils have different flavours, which can enhance the foods while improving health.

Health benefits of olive oil

- Olive oil is loaded with healthy monounsaturated fatty acids, which are beneficial when enjoyed in moderation.
- Olive oil also contains vitamin E, another powerful antioxidant.
- Olive oil also contains antioxidants, which may stop dangerous substances from harming organs like the brain. It also helps to reduce inflammation and swelling, which can lead to poor health.
- Olive oil reduces the risk of heart disease by reducing cholesterol and may prevent Type 2 Diabetes by reducing blood sugar levels.
- Extra-virgin olive oil has more of these beneficial compounds.
- Cooking olive oil will not change the health benefits but can change the flavour.

How can I get started?

- Eating around 20-30 grams (2 tbsp) of olive oil or extra-virgin olive oil per day can improve health.
- Olive oil can be used in pasta, salad, bread dip, stir-fry, roasted vegetables, dressings, and sauces.

My notes, reflections, and goals:

