



QUEEN CREEK
OLIVE MILL
ARIZONA

Shopping for Olive Oil: What to Look For

• NUTRITION FACTS •

OLIVE OIL CONTAINS A HIGH AMOUNT OF MONOUNSATURATED FAT, HIGHER IN FACT THAN ANY OTHER OIL! STUDIES SHOW THAT A DIET RICH IN MONOUNSATURATED FAT DECREASES LDL CHOLESTEROL AND SIGNIFICANTLY LOWERS BLOOD PRESSURE.

• CLASSIFICATION OF OLIVE OIL •

MAKE SURE THE PHRASE 'EXTRA VIRGIN' IS ON THE LABEL. EXTRA VIRGIN OLIVE OIL CONTAINS THE MOST NUTRIENTS AND IS THE HIGHEST GRADE OF ALL OLIVE OIL CLASSIFICATIONS (SEE SIX CLASSIFICATIONS OF OLIVE OIL INFOGRAPHIC).

• HARVEST & BOTTLE DATE •

OLIVE OIL SHOULD ALWAYS BE BOTTLED USING THE LATEST HARVEST AND A BOTTLE DATE SHOULD BE PRESENT TO DEMONSTRATE FRESHNESS.

• KNOW YOUR FARMER •

IT'S BEST TO BUY YOUR OLIVE OIL FROM A SMALL, LOCAL PRODUCER. IF YOU DON'T HAVE A LOCAL OLIVE MILL, FIND A BRAND YOU TRUST TO PURCHASE FROM.

• DARK GLASS •

UV PROTECTION IS ESSENTIAL TO FRESHNESS BECAUSE LIGHT PROMOTES OXIDATION.

