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Foodservice operators know there are two key control areas directly related to restaurant profitability – labor cost and food cost. When combined with goals of taste and quality, effective food sourcing must focus on total value. When choosing an olive oil or cooking oil, the most common factors to contemplate include flavor, healthfulness, usage occasion and cost. To get the best value these needs are considered within the available budget range. The chart on the back of this card compares olive oils and blended cooking oils based on these factors to help operators ascertain the best value for their needs.

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	Extra Virgin Olive Oil	Olive Oil	Olive-Pomace Oil	Vegetable Oil/Extra Virgin Olive Oil Blend	Vegetable Oil / Olive Oil Blend
Flavor	 Flavor varies a lot with olive type, origin & season. Can be blended for consistency	 Flavor depends on amount of virgin olive oil used. Typically mild to low flavor & consistent	 Flavor depends on amount of virgin olive oil used. Typically minimal flavor & consistent	 Flavor depends on the amount of extra virgin olive oil used, typically 10% - 25%, sometimes up to 50%	 Flavor will typically be minimal & consistent
Health Benefits				depends on base oil & % extra virgin olive oil Canola/EV:  Soybean/EV: 	depends on base oil & % olive oil Canola/OO:  Soybean/OO: 
Smoke Point*	 350°F - 410°F	 390°F - 468°F	 410°F - 470°F	depends on base oil & % extra virgin olive oil Canola/EV: ~ 375°- 455° Soybean/EV: ~ 388°- 460°	depends on base oil & % olive oil Canola/OO: ~ 395°- 464° Soybean/OO: ~ 408°- 467°
Production Methods	Naturally extracted without heat or chemicals. Retains antioxidants	Naturally extracted & then refined. No solvents used. Blend of refined olive oil & virgin/extra virgin olive oil. Some antioxidants, increases with higher % of virgin olive oil	Solvent extracted and refined. Blend of refined olive-pomace oil & virgin/extra virgin olive oil. Minimal antioxidants depending on the amount of virgin olive oil	Soybean, canola, etc typically solvent extracted and refined. Antioxidants increase with greater % extra virgin olive oil in the blend	Soybean, canola, etc typically solvent extracted and refined. Minimal antioxidants
Price Point					
Cold Uses & Finishing	Drizzling, dipping, dressings & marinades	Dressings & marinades	Not recommended	Drizzling, dressings & marinades	Dressings & marinades
Hot Uses & Cooking	Sauteing, grilling, roasting, baking, pan-frying	Sauteing, grilling, roasting, baking, pan-frying	Sauteing, grilling, High-heat frying	Sauteing, grilling, roasting, baking, pan-frying, high-heat frying	Sauteing, grilling, roasting, baking, pan-frying, high-heat frying

*Sources for smoke points: International Olive Council (IOC), suppliers, Institute of Shortening and Edible Oils

NORTH AMERICAN OLIVE OIL ASSOCIATION
www.aboutliveoil.org

