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Greek Organic olive oil :Three elements are responsible for the quality of olive oil by [Oliveoil](#)

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1. The way collecting the olives
2. The operation of the mill - manufacturer
3. The way to store olive oil

It is very important to know that if the temperature of the olive pressing surpass 30 degrees and olive oil storage be at high temperatures or directly at light, are leading to loss of all the above useful nutrition. If an olive oil in a can left in the kitchen, after some time the temperature will exceed 30 degrees and it will spoil. You will see that the best olive oils are stored in dark glass bottles. Also, Greek Organic olive oil is good to keep away from light and keep in small packs of 1-5 liters so to be renewed quickly and avoid oxidation.

Finally, how much olive oil is recommended to consume daily to enjoy the beneficial properties?

The minimum quantity that can ensure our daily required amount of minerals for our body is two to three tablespoons.

Before you choose "which olive oil should buy?" ask yourself!

The value of Organic olive oil for healthy eating is known to most of us.

But how can we be sure of the quality of the olive oil we put on our table?

Which are the factors that affect the quality of the olive oil we consume?

These questions are and must be current every time you select the olive oil will "accompany" the tastes of all our family!

Recent findings on household sample survey using bulk olive oil showed that 7 out of 10 samples were unsuitable, mainly because of degraded quality. Consumers who have purchased this olive oil in bulk, they thought they had chosen the best, because they "recommended" by my colleague, TV or someone from the friendly and family environment in which they trust. Some again showed a preference for anonymous, bulk olive oil 16 kilo can because of "interest", low price.

In fact, they had fallen ... victims, buying quality degraded or unsuitable not 100% olive oil.

What are the characteristics of extra virgin olive oil?

You must have an acidity 0 " 0.8%, which should appear on the packaging. Also, Organic olive oil is produced exclusively by extraction of the olive fruit, a process that separates the oil from all other oils, that produced by mechanical extraction. With this procedure, we take only the fat and not all other information it has in the olive oil and which distinguish it from all other oils. These elements are those that give the oil called "organoleptic characteristics". To these are vitamins, minerals or other substances, very useful for our organization, which are called "antioxidants."

Because the olive oil should be able to give us all the answers about its quality and purity. Do you

know how often the anonymous olive oil proved nothing but not pure and unadulterated?

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