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How can we know that the olive and oil we buy is actually good for our health?

It is very difficult to know 100%, since even the taste cannot show the quality, so you should trust people who can inspect it. Usually about olive oil we know two things: the acidity and if it "burns" our neck or not. Beyond that, if it is lightly or heavily adulterated, the consumers, it is difficult to understand. Of course, these risks do not exist in the standard olive oil thoroughly checked, like our mill. We have around five to ten inspections every month from government olive oil department.

What guarantees should we ask from the best olive oil?

First to be olive oil 100% and not distorted by other fats, such as pomace oil or other vegetable oils, which should be guaranteed, because when we talk about olive oil, we are talking exclusively about olive oil. Nor should we forget that there are divisions even among olive oils from extra virgin olive oil, which is the superior, by simple olive oil that the quality is much lower. We must therefore ensure that when we say extra virgin, must be extra virgin olive oil indeed.

What are the characteristics of extra virgin olive oil?

You must have an acidity 0.8%, which should appear on the packaging. Also, 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."

What exactly are these substances and how they act in the body?

When a cell of our body is exposed to large amounts of oxygen, or more properly to substances produced by the improper use of oxygen (free radicals as they are called), "rust"-like rusting metal in contact with oxygen - which means that changing the structure of DNA and the cell cannot work.

In this case the cell either dies or need additional supplies from the body to recover. Antioxidants, therefore, are micronutrients contained in olive oil,

Wine, tea, fruits and elsewhere and giving our bodies the ability to cope more effectively depleted cells, which can lead to the emergence of so-called "diseases of civilization", chronic diseases such as cancer or atherosclerosis. Statements such as stress, smoking, ultraviolet radiation, etc., can lead to the generation of free radicals. Antioxidants are substances of plant origin that neutralize these harmful free radicals. Olive oil contains high amounts of antioxidants (unlike other fats and oils that not contain), helping to refresh and regenerate our cells.

Here we should point out that especially the Greek olive oil contains much higher amounts of antioxidants than any other European oils.

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