

# Extra Virgin Olive Oil



Food and Nutrition Service  
U.S. DEPARTMENT OF AGRICULTURE

Extra Virgin Olive Oil is made from crushing whole olives to extract a heart-healthy oil, rich in unsaturated fat.

## How To Use It

With its low smoke point, extra virgin olive oil is best used for sauteing, pan frying, baking, dressing a salad, or finishing a dish.

## How To Store It

Store both unopened and opened extra virgin olive oil in a cool, clean, dry place away from heat and sunlight for the best taste and color. Keep the container closed when not in use.

## Why Eat It?

Olive oil is primarily made up of monounsaturated fat. Choosing unsaturated fat in place of saturated fat can reduce your risk of heart disease and improve “good” (HDL) cholesterol levels.

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Scan the QR codes to try new recipes using extra virgin olive oil!

## Oven Baked Sweet Potato Fries



## Green Beans with Tomatoes and Basil



## Kale Chips



## White Chili

