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Welcome to your
Corporate Bodies
International Fortnightly
Health Email

Fortnightly Challenge

Remove all visible fat from
meat prior to cooking. Use
an olive oil spray on the
cook top.



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This fortnight's healthy topic...

Is olive oil safe to heat?



There has been debate over whether heating olive oil can cause cancer. It has been suggested that overheating oil past its 'smoke point', can result in the production of cancer causing compounds, as well as reducing the flavour and nutritional value.

Smoke Point

Generally the smoke point of olive oil ranges from 100–225°C. Most commercial products list their smoke point about 215°C, however extra virgin olive oil's smoke point can be as low as 100°C.

Benefits of Olive Oil

- Olive oil contains monounsaturated fat and antioxidants.
- Using olive oil as a replacement for other polyunsaturated and saturated fats can lower blood pressure and decrease the risk of heart disease.

Practical Tips to avoid overheating oil

- Pure olive oil can be heated for cooking; frying, roasting, etc.
- Avoid using extra virgin olive oil for baking or higher temperature cooking as heating will reduce the flavour.
- Extra virgin olive oil is best added to dishes after cooking to enhance flavour.

What's the moral of the story?

There is no evidence to suggest that heating olive oil can produce cancer causing compounds. Substituting olive oil for other polyunsaturated and saturated fats is beneficial for heart health.

Here's to demystifying another health topic!

Yours in Health, **[The Corporate Bodies Team.](#)**