# OLIVE OIL

# TYPES OF OLIVE OIL

There are six grades of olive oil: extra virgin oil, refined oil, pure oil, light oil, and olive pomace oil. Each of these items has a different smoke point, and this smoke point determines how to use them correctly. Extra virgin oil has the best quality and it is subjected to cold processing so as not to change its properties. So, if you are looking for a great oil, this kind could be a good choice.

Olive oil can promote heart health and reduce the risk of cancer. It also acts like ibuprofen which can relieve pain and inflammation increasing bone-building calcium and vitamin D which can be suggested to children especially. Besides, this oil balances blood sugar and prevents diabetes by slowing down the absorption of glucose into the bloodstream.