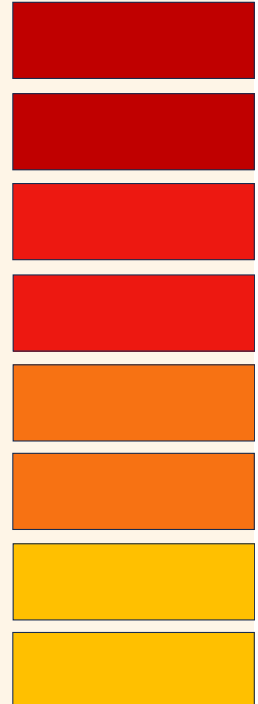


Wellness Journey: Living Your Best Life

Why Your Heart Loves Olive Oil

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Kitchen on Fire – Cooking School

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Wellness Journey: Living Your Best Life

We continue our focus on making positive changes for living our best life – powered by traditional foods.

We will learn about olive oil’s role in a heart-healthy diet, how it differs from other oils and share the history and process of making olive oil. As well as ensuring we get what we pay for!

Sign up for a 1:1 nutrition session!
Oct 15th & 25th
See the chat for today’s session for more info

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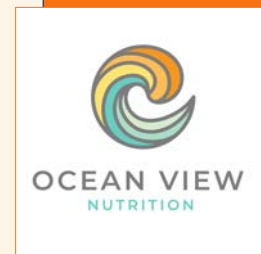


Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities



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Objectives for Today – Why Your Heart Loves Olive Oil

1. The history of olive oil
2. Demystifying this elixir of well-being
3. Identifying real olive oil
4. Best usage and storage habits
5. Set SMART goals with nature's gifts



Chef Olive will demonstrate a delicious use of olive oil for a summer favorite, Ensalada De Aguacate

Latin Avocado Salad!

BONUS: Fun food trivia and related prizes!

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Let's join **Chef Olive** as he visits a local store with excellent olive products



*Olive oil is so important to our health.
Let's make sure we know what we are buying!*

The History of olive oil

Olive oil originates from the Mediterranean region

- Oil is extracted from the olives, fruits of the olive tree
- Cultivation dates back thousands of years
- Olive tree as a symbol of peace, wisdom, and victory
- Major producers: Spain, Italy, Greece, Tunisia, Turkey
- Each country boasts its unique olive varieties



*Can we eat olives
right off the tree?*

Demystifying this elixir of well-being

- Olive oil is rich in monounsaturated fats, the highest of all cooking oils
 - liquid at room temperature
 - very sensitive to oxidative damage from heat and friction
- How do monounsaturated fats (MUFAs) help?
 - Can help reduce LDL levels while increasing HDL, lowering your risk of heart disease, stroke and type 2 diabetes
 - Provide nutrients to help develop and maintain your body's cells
 - Provide vitamin E, an important antioxidant vitamin
- Dating back to ancient Egyptian, it has been used for skincare
 - Enriches skin health
 - Boasting moisturizing
 - Protective qualities

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*Olive oil for your
bathroom
counter?*

Pure vs Virgin Olive Oil – who knew?

- Extra virgin olive oil (EVOO)
 - Contains the highest percentage of polyphenols and antioxidants
 - It goes through a single processing procedure whereas other types are processed more.
 - More processing causes more polyphenols and antioxidants to be lost.
- Light, Pure, or Refined olive oils
 - Moderate to significant processing. This leads to the mildest flavor, meaning they contain much less of the beneficial compounds.
 - Labels such as 'pure' or 'light' often are an indication of not just processing, but also a sign that there may be a mix of oils.

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*We put our
olive oil to the
24-hour test!*

Identifying real olive oil

Seeking labels, such as, Extra Virgin:

Which signifies the highest quality, obtained from the first cold-press of olives without chemical treatments.

Recognizing the origin and if it is labeled as organic:

A reputable brand will often provide more information including not just the country, but also the groves.

Transparency about pressing & bottling dates:

Dates are essential and the oil will degrade over time.

Use your senses for evaluation:

Flavors will vary, though you are looking for a harmonious blend of fruitiness, bitterness and pungency.

Lastly, price can also be an indicator, though not always.



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Best usage and storage habits

- **Cooking Temperature:**
 - Use for low to medium-heat cooking (up to 375°F/190°C)
 - Avoid high-heat frying as it can degrade the oil's quality
- **Storage Conditions:**
 - Keep in a cool, dark place away from direct sunlight
 - Ideal storage temperature is between 57°F to 70°F (14°C to 21°C)
- **Container Choice:**
 - Store in dark glass bottles or stainless-steel containers
 - Avoid plastic or clear glass containers that allow light exposure
- **Shelf Life:**
 - Use within 12-18 months of the harvest date for best quality
 - Once opened, consume within 1-3 months for optimal freshness

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Set SMART goals with nature's gifts



Invest in yourself from the inside out!

- 2 goals to help you **Live Your Best Life!**
- 2 goals to increase your focus on good quality olive oil!

What do you want to share?

STOP!
Sign up
now

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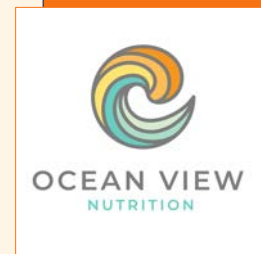
Specific
Measurable
take Action
be Realistic
Time-oriented

About us

- Kitchen on Fire Cooking School
 - For the Home Chef in Berkeley & Oakland since 2005
 - Owned by Chef Olivier Said (founder) & Lisa Miller
 - Hands-on Cooking Classes, Events: In-Person and Virtual
 - Nutrition Education, Corporate Wellness, Individual Consulting
 - lisa@kitchenonfire.com
- Ocean View Nutrition – Consulting & Public Speaking
 - Owner & Nutrition Consultant, certified
 - Consultations, Classes & Presentations
 - lisa@oceanviewnutrition.com



Link to today's presentation,
demo info and more
[https://www.kitchenonfire.com/
living-your-best-life](https://www.kitchenonfire.com/living-your-best-life)



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