

## Did You Know?

and colleagues wrote. Colleagues conducted a randomized trial to determine whether a Mediterranean diet supplemented with extra-virgin olive oil or nuts is effective for primary prevention of CVD compared with a control diet.

The researchers enrolled 7,447 participants aged between 55 and 80 years (57% women) who had a high cardiovascular risk but no CVD at baseline. High cardiovascular risk was defined as having type 2 diabetes or at least three major risk factors, including smoking, hypertension, elevated LDL cholesterol levels, low HDL cholesterol levels, overweight or obesity or a family history of premature coronary heart disease.

Participants followed either a Mediterranean diet supplemented with extra-virgin olive oil (4 tbsp per day of extra-virgin olive oil; n = 2,543), a Mediterranean diet supplemented with mixed nuts (15 g of walnuts, 7.5 g of hazelnuts and 7.5 g of almonds; n = 2,454) or a control diet (advice on a low-fat diet; n = 2,450).

During a median follow-up of 4.8 years, 288

participants experienced a major cardiovascular event, such as myocardial infarction, stroke or cardiovascular-related death. Of these events, 96 occurred in the group that followed the Mediterranean diet with extra-virgin olive oil, 83 occurred in the group that followed the Mediterranean diet with nuts and 109 occurred in the control group.

Adjusting for baseline characteristics, scores showed that participants following a Mediterranean diet with extra-virgin olive oil (HR = 0.69; 95% CI, 0.53-0.91) or nuts (HR = 0.72; 95% CI, 0.54-0.95) had an approximately 30% lower risk of a major cardiovascular event compared with those following the control diet. Results remained consistent after omitting 1,588 participants who departed from their diet.

Source: <https://www.healio.com/internal-medicine/nutrition-and-fitness/news/online/%7B768b635d-875a-40db-8b95-22f541775430%7D/mediterranean-diet-effective-for-primary-prevention-of-cvd>

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## Indian Olive Association

### From the President's Desk



Dear Friends,

The industry received another jolt on 14th June, 2018 when the government hiked import duty rates again, this time making the rates the highest in a decade. Crude Olive Oil was raised from 30 to 35%, Refined Olive Oil from 35 to 40% and Olive Pomace Oil from 35 to 45% (details are in the relevant items below).

The industry has not responded with corresponding price increases every time the government has raised duties and many companies are selling at a loss. But such a steep increase cannot be absorbed and will definitely need to be reflected in increasing prices. Although the government raised duties of all oils, duties on olive oil are unjustified as there is no cultivation of olives or production of olive oil India and, therefore, no need for protection to the domestic agriculturist. Besides, olive oil is a high priced commodity already, so the impact of duties is enormous. Combine the foregoing two factors with a 3rd that the rupee has seen a steep depreciation and a 4th, that olive oil prices in Spain and Italy are high due to droughts and you have a situation that becomes completely untenable.

From our perspective, neither duty rate increases nor MSP hikes will have the intended benefits. The long term view requires an agricultural strategy that encourages domestic oilseed production, increases agricultural productivity through better irrigation and better techniques, establishes improved procurement systems, allows farmers free access to markets and subsidizes farmers through Direct Benefit Transfers.

This newsletter also carries the results of an interesting study on behaviour of olive pomace oil in frying.

Your re-energized association plans to undertake marketing activities and to impose quality standards in the market. Your continued support and blessings are invaluable.

V N Dalmia

### Further Hike in Import Duty of Olive Oil

On 14th June 2018, import duty on olive oil has been increased on variety of edible oils as follows; vide Ministry of Finance Notification No 47/2018 dated 14/6/18.

- Import Duty on Crude (Extra Virgin) olive oil has been increased from 30% to 35%,
- Import Duty on Refined (olive oil) has been increased from 35% to 40%,

- Import Duty on Olive Pomace Oil has been increased from 35% to 45%.

Earlier in February this year, the import duty rates were increased on crude olive oil from 12.5% to 30% and on refined from 20% to 35%. The Social Welfare Surcharge of 10% on duty remains unchanged.



[www.indolive.org](http://www.indolive.org)



## Financial Year Data on Olive Oil and Table Olive Imports

### Olive Oil

Total olive oil imports by India during FY 2017-18, as per Department of Commerce, Government of India, were 10,914.86 MT as compared to 12,812.55 MT in the same period last year. Olive Oil imports from Spain and Italy amounted to 7,320.86 MT and 3,264.83 MT respectively and the shares of Spain and Italy for this period stood at 67% and 30% respectively.

### News from Olive Oil World

#### A study on "Behaviour of Olive Pomace Oil in frying and comparison with conventional and high oleic sunflower oils"

The aim of the Study was to obtain scientific evidence of the advantages of Olive Pomace Oil in discontinuous (domestic) and continuous (industrial) frying in comparison with sunflower and high-oleic sunflower oils. The research centre was the Institute of Food Science, Technology and Nutrition (ICTAN) of the Higher Council for Scientific Research (CSIC), Spain: <http://www.ictan.csic.es>

#### Key Conclusions:

- Olive Pomace Oil shows much better behaviour in discontinuous and continuous frying than conventional and similar sunflower oils and is even slightly better than high-oleic sunflower oils.
- Olive Pomace Oil shows better behaviour in comparison to conventional sunflower oils due to differences in oleic acid content. With regard to high-oleic sunflower oils, the extra advantage of Olive Pomace Oil is the protective, combined action of minority compounds, especially the positive effect attributed to squalene and beta-sitosterol.
- Olive Pomace Oil maintains considerable amounts of bioactive compounds during frying, especially those that are exclusive to this oil, i.e. triterpenic alcohols and aliphatic alcohols.
- Olive Pomace Oil has neutral sensory characteristics that enhance the original quality of the product being fried: taste, texture and colour.

The results obtained from the oils used in this study demonstrate the excellent comparative behaviour of Olive Pomace Oils in frying. For details of the study or a copy of the study report, please e-mail at [secretary@indolive.org](mailto:secretary@indolive.org).

Source: Oriva – Interprofessional Association of Olive Pomace Oil, Spain: [www.oriva.es](http://www.oriva.es)

### Table Olives

Total imports of table olives by India during FY 2017-18, as per Department of Commerce, Government of India, stood at 3346.74 MT, registering a decline of 2.2% from last year. Table olive imports from Spain amounted to 3,092.54 MT.

#### IOC welcomes Egypt's membership

Egypt is now officially a Member of the International Olive Council. On 3 May, Egypt deposited its instrument of accession to the International Agreement on Olive Oil and Table Olives, 2015, with the United Nations Office in New York. With an estimated production of approximately 6,50,000 t, Egypt is the first table olive producer in the world in 2017-18, posting a 30% year-on-year increase. Egypt is also the first country in terms of table olive consumption. According to the forecasts for this crop year, Egyptians will assign approximately 4,50,000 t of their olives to domestic consumption.

The Egyptian olive growing area is found along its north-western coast, spread across Alexandria, North Sinai and Sollum. This area has an arid climate, with mild winters. The average temperature during the coldest months is of 7–18°C and its annual rainfall of 100–150 mm occurs over three to four weeks in the autumn and winter period.

Source: <http://www.internationaloliveoil.org/news/view/698-year-2018-news/1095-the-ioc-welcomes-egypt-s-membership>

#### Tunisia: value of olive oil exports soars 180%

The value of olive oil exports has increased by 180%, from the beginning of the export season from 1 November 2017 to 30 April 2018, posting a 12% increase in the average export price, compared to the same period last year, the Ministry of Agriculture, Water Resources and Fisheries said in a statement.

The quantities exported reached a value of 1,356 million dinars (MD), against 484 MD, in 2017.

The quantities of packaged olive oil exported amounted to 8,967 tons against 7,601 tons during the same period of the previous season, up 20% in quantity and 37% in value.

France and Canada rank first in the importing countries of Tunisian packaged olive oil with 26% each, followed

by the United States (10%), Saudi Arabia (8%), the United Arab Emirates/ Brazil (7%), New Zealand (4%), Switzerland / Oman / Japan (2%), Denmark / Kuwait (1%).

The quantities of olive oil exported in bulk amounted to 1,25,436 tons compared to 46,100 tons in the same period of the previous season, i.e. an increase of 172% in quantity and 210% in value.

Spain and Italy are the countries that import the most with 34% for each, followed by the United States (18%), Portugal (4%), France / Morocco (3%), Seychelles (1%).

Source: [https://africanmanager.com/site\\_eng/tunisia-value-of-olive-oil-exports-soars-180/?v=c86ee0d9d7ed](https://africanmanager.com/site_eng/tunisia-value-of-olive-oil-exports-soars-180/?v=c86ee0d9d7ed)

#### Archaeologists Discover Ancient Olive Oil in Italy

A team of researchers from the University of South Florida has discovered olive oil residue on potsherds dating back to the Bronze Age. The sherds were discovered by Italian archaeologist Giuseppe Voza, while he was excavating a site in Sicily back in the 1990s. Two decades later, conservators from the Archaeological Museum of Siracusa reconstructed the pot.

The results obtained with the three samples from Castelluccio become the first chemical evidence of the oldest olive oil in Italian prehistory, pushing back the hands of the clock for the systematic olive oil production by at least 700 years- Davide Tanasi, an Assistant

Professor of history at the University of South Florida.

The team of archaeologists used gas chromatography and mass spectrometry to determine the chemical signatures of the organic residues found on all three of the samples. The team then determined the age of the potsherds using nuclear magnetic resonance testing.

The results of the first two tests showed oleic and linoleic acids, both of which are signatures of olive oil, were found in the organic residue. The nuclear magnetic resonance testing determined that the sherds were from the early Bronze Age.

"The results obtained with the three samples from Castelluccio become the first chemical evidence of the oldest olive oil in Italian prehistory, pushing back the hands of the clock for the systematic olive oil production by at least 700 years," Tanasi said.

Previously, the oldest identified chemical signatures of olive oil in Italy were discovered on storage jars in Cosenza and Lecce in southern Italy, and dated back to the twelfth and eleventh century BCE, respectively.

Chemical signatures of olive oil dating back to the second and third millennium BCE have also been identified on samples of potsherds from Crete. However, evidence of even older olive oil production in the Mediterranean has been found by more traditional archaeological methods, according to Tanasi.

Source: <https://www.oliveoiltimes.com/olive-oil-basics/archaeologists-discover-ancient-olive-oil-in-italy/63342>

### Did You Know?

#### Diabetes type 2 diet: Prevent high blood sugar with extra virgin olive oil

Diabetes type 2 requires patients to manage their blood sugar, and to prevent sudden spikes in the amount of glucose in their diet.

One way to control blood sugar is to make small changes to your diet, according to the NHS. Diabetes patients could prevent high blood sugar by adding extra virgin olive oil to their diet, revealed MedicSpot GP, Dr Zubair Ahmed.

The oil could help to boost the amount of 'good' HDL cholesterol in the body, said Ahmed. It could also help to get rid of triglycerides; a dietary fat that can build up in diabetes patients. "I would recommend extra-virgin olive oil to diabetics because it contains oleic acid," said the GP. "Oleic acid is a monounsaturated fat that has been shown to improve HDL and triglycerides.

Ahmed's claims came after a Spanish study showed extra virgin olive oil lowers blood sugar and cholesterol in diabetes patients.

Source: <https://www.express.co.uk/life-style/health/979913/diabetes-type-2-diet-high-blood-sugar-symptoms-olive-oil>

#### Mediterranean diet effective for primary prevention of CVD

A Mediterranean diet supplemented with extra-virgin olive oil or mixed nuts lowered the risk of CVD in high-risk patients, according to research published in the New England Journal of Medicine.

"Increasing adherence to the Mediterranean diet has been consistently associated with lower cardiovascular risk," Ramon Estruch, MD, PhD, from the Instituto de Salud Carlos III, Madrid,

