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# HEALTH TOPIC OF THE WEEK

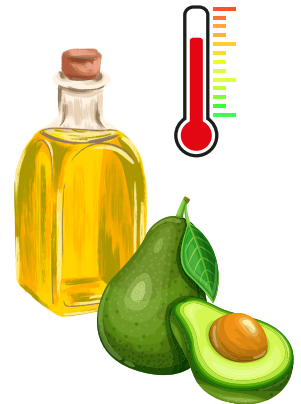
## 4/10 - Choosing The Best Avocado Oil

Consumer demand is rising for all things avocado, including oil made from the fruit. Avocado oil is a great source of vitamins, minerals and the type of fats associated with reduced risk of heart disease, stroke and diabetes. Furthermore, avocado oil has a higher smoke point than olive oil. This means it produces fewer free radicals when you grill or cook at high temperatures.

But according to new research from food science experts at the University of California, Davis, most avocado oil sold in the U.S. is of poor quality, mislabeled or adulterated with other oils. This is not surprising given the enormous corruption in the food industry.

In the country's first extensive study of commercial avocado oil quality and purity, UC Davis researchers report that at least 82 percent of test samples were either stale before expiration date or were mixed with other oils. In three cases, bottles labeled as "pure" or "extra virgin" avocado oil contained nearly 100 percent soybean oil. Soybean oil is commonly used in processed foods because it's much less expensive to produce.

"I was surprised that some of the samples didn't contain any avocado oil," said Selina Wang, Cooperative Extension Specialist in the Department of Food Science and Technology, who led the study recently published in the Journal of Food Control, "Most people who buy avocado oil are interested in the health benefits, as well as the mild, fresh flavor, and are willing to pay more for the product. But because there are no standards to determine if an avocado oil is of the quality and purity advertised, no one is regulating false or misleading information."



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](http://Eliteptf.com) for more information and to schedule your evaluation.

Wang and Hilary Green, a Ph.D. candidate in Wang's lab, analyzed various chemical parameters of 22 domestic and imported avocado oil samples. This included all the brands they could find in local stores and online. "In addition to testing commercial brands, we also bought avocados and extracted our own oil in the lab, so we would know, chemically, what pure avocado oil looks like," Wang said.

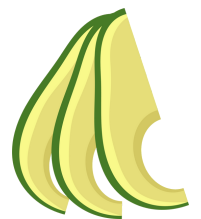


Test samples included oils of various prices, some labeled extra virgin or refined. Virgin oil is supposed to be extracted from fresh fruit using only mechanical means. Refined oil is processed with heat or chemicals to remove any flaws.

Fifteen of the samples were oxidized before the expiration date. Oil loses its flavor and health benefits when it oxidizes. This happens over time and when exposed to too much light, heat or air. Six samples were mixed with large amounts of other oils, including sunflower, safflower and soybean oil.



Only two brands produced samples that were pure and non-oxidized. Those brands were Chosen Foods and Marianne's Avocado Oil. Both are refined avocado oils made in Mexico. Among the virgin grades, CalPure, produced in California, was pure and fresher than the other samples in the same grade.



## Tips For Consumers

- The flavor of virgin avocado oil can differ by variety and region. In general, authentic, fresh, virgin avocado oil tastes grassy, buttery and a little bit like mushrooms.
- Virgin avocado oil should be green in color, whereas refined avocado oil is light yellow and almost clear due to pigments removed during refining.
- Even good oil becomes rancid with time. It's important to purchase a reasonable size that can be finished before the oil oxidizes. Store the oil away from light and heat. A cool, dark cabinet is a good choice, rather than next to the stove.
- How do you know if the oil is rancid? It starts to smell stale, sort of like play dough.
- When possible, choose an oil that's closest to the harvest/production time to ensure maximum freshness. The "best before date" is not always a reliable indicator of quality.



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## Summary

- The majority of avocado oil in the U.S. is of poor quality, mislabeled or adulterated with other oils.
- This study highlights the need for standards to protect consumers.
- Use only Chosen Foods or Marianne's Avocado Oil, both made in Mexico, or CalPure, produced in California.

## Reference

Wang, S. & Green, H. First report on quality and purity evaluations of avocado oil sold in the US. Food Control, <https://www.sciencedirect.com/journal/food-control> Volume 116, 2020, 107328, ISSN 0956-7135. <https://doi.org/10.1016/j.foodcont.2020.107328>.



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SCAN ME