

## **EVOO – Benefits beyond heart health**

1. How many phenols does extra virgin olive oils contain?
  - a. At least 5
  - b. At least 12
  - c. At least 20
  - d. At least 36
  
2. The phytochemical present in extra virgin olive oil that may provide protection from UV rays for the skin is:
  - a. Oleocanthal
  - b. Squalene
  - c. Oleuropein
  - d. Vitamin E
  
3. The type of olive oil with the highest level of polyphenols is:
  - a. Pure olive oil
  - b. Light olive oil
  - c. Lampante olive oil
  - d. Extra virgin olive oil
  
4. Which of the following statements correctly distinguishes the differences between evoo and canola oil?
  - a. EVOO is naturally obtained while canola oil is a refined oil
  - b. EVOO is rich in antioxidants while canola oil has very few
  - c. EVOO and canola oil are both rich in monounsaturated fats
  - d. All of the above
  
5. How much evoo a day has been shown to lower blood pressure:
  - a. 1/2 tb
  - b. 10 tb
  - c. 2 tb
  - d. 2 tsp

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Correct answer = d

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- d. Vitamin E

Correct answer = b

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Correct answer = d

5. How much evoo a day has been shown to lower blood pressure:

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d. 2 tsp

Correct answer = c