70 per cent of olive oil – FAKE

Apparently, even 70% of olive oil sold in the U.S. stores is fake, as they have been cut with cheaper, inferior oils like canola and sunflower oil!

Namely, one of the products we regard as healthiest and a remedy for longevity has been corrupted. It has been found that seven of the U.S. largest olive oil manufacturers have been cutting their products with cheaper oils with the goal to reduce the cost of production.

This oil was then mixed, colored, perfumes, and flavored. These facts made the Australian government open an investigation of their own olive oil market, and the findings were devastating indeed.

These scams made the University of California to study 124 imported brands of extra virgin olive oil and discovered that more than 70% of the samples did not pass the test.

These are the brands that failed the test:

* Carapelli
* Mezzetta
* Pompeian
* Mazola
* Primadonna
* Colavita
* Sasso
* Antica Badia
* Star
* Whole Foods
* Felippo Berio
* Safeway
* Coricelli
* Bertolli

On the other hand, the following brands are trustworthy:

* Lucero
* McEvoy Ranch Organic
* Corto Olive
* Omaggio
* Bariani Olive Oil
* California Olive Ranch
* Lucini
* Ottavio
* Cobram Estate
* Olea Estates
* Kirkland Organic

Additionally, you can also test the olive oil you have at home. You should put the bottle in the fridge for half an hour, and if it starts to solidify, it means that the oil is pure, as it contains a large amount of monounsaturated fat.

At least we can choose a good brand!