



# Olives

## Health Benefits of Olives

Olives are fruits rich in healthy fats, antioxidants and fiber. Nutrition is similar for green, black, or Kalamata varieties. Most olives are fermented and brined making them high in salt.

### **1/4 cup whole olives (about 8) provides:**

- 49 calories, <math>< \frac{1}{2}</math> gm protein, 1 gm fiber, 6 gm fat, no cholesterol

### **Potential benefits of olives:**

- Monounsaturated fats in olives can lower cholesterol and blood pressure. Black olives have more healthy fat than green olives
- Rich in antioxidants vitamins A, E and K, polyphenols and quercetin that protect against inflammation, aging and chronic diseases. Greek olives are highest in these compounds
- Provide calcium for bone health and iron for oxygen transport
- Due to processing, all varieties are high in sodium. Rinsing can help lower salt
- Olives with intact pits are slightly more nutritious than those with pits removed during processing
- Remove pits before consuming. Use olives in moderation as snack, appetizer or recipe ingredient.



Brought to you by the Coos County Food and Nutrition Group, advanced Health and OSU Extension Family & Community Health.



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