



Pompeian makes every day better!

Olive oil and vinegar are smart ingredient choices for creating delicious, nutritious meals.

With so many choices, how do I know what type of olive oil to use?

- **Pompeian Extra Virgin Olive Oil** is full of complex flavors and best enjoyed drizzled over salads and vegetables, in dressings and vinaigrettes, and as a dip for breads.
- **Pompeian Classic Pure Olive Oil** is great for roasting, sautéing, and frying. With a higher smoke point than extra virgin olive oil, it can withstand higher heats without smoking and degrading.
- **Pompeian Extra Light Tasting Olive Oil** can be used at even higher temperatures and has a light flavor that is great for baking.

You can also enhance the flavor of foods with Pompeian's line of delicious, sodium-free vinegars.

- **Pompeian Red Wine Vinegar**
- **Pompeian Roasted Garlic Infused Red Wine Vinegar**
- **Pompeian Pomegranate Infused Red Wine Vinegar**
- **Pompeian Blueberry Pomegranate Infused Red Wine Vinegar**
- **Pompeian Açai Pomegranate Infused Red Wine Vinegar**
- **Pompeian White Wine Vinegar**
- **Pompeian Balsamic Vinegar**
- **Pompeian Pomegranate Infused Balsamic Vinegar**
- **Pompeian White Balsamic Vinegar**



The incredible flavor and versatility of olive oil and vinegar make them wonderful for sautéing, marinating, dipping and drizzling. Their superb nutrition profiles make them easy to choose as alternatives to less nourishing ingredients. Keep a variety of olive oils and vinegars in your pantry to ensure that you'll always have the right ingredients for preparing flavorful, nutritious meals.

What are the benefits of cooking at home? When you prepare your own meals you have better control over the healthfulness and cost of what you are eating. Restaurant meals, take-out and convenience foods are often high in calories and are loaded with sodium and fat.

Plan your meals around lean proteins, whole grains and fruits and vegetables. Use olive oils and vinegars to make your own salad dressings, marinades and sauces that have more flavor and far less sodium, saturated fat and processed ingredients than many prepackaged versions.

What are the nutritional benefits of olive oil? Olive oil contains 10g of monounsaturated fat, has 0g of trans fat and is cholesterol and sodium free. It is a smart alternative to butter as it contains 2g of saturated fat per serving while butter contains 7g of saturated fat per serving.

Know Your Fats Solid fats, like butter, contain more saturated fats and/or trans fats than oils. These types of fats tend to raise "bad" (LDL) cholesterol levels and increase the risk for heart disease. To reduce your risk, cut back on foods containing saturated fats, trans fats, and cholesterol.

Oils, such as olive oil, contain more monounsaturated (MUFA) and polyunsaturated (PUFA) fats. These types of fats do not raise LDL cholesterol. Most of the fats you eat should be MUFA and PUFA.

Want to create delicious baked goods that are also nutritious? Use olive oil! It's a smart alternative to less healthful ingredients and results in outstanding, moist products with light texture. You'll feel great knowing that you're baking products that only taste sinful!

What are some great ways to use vinegars? Vinegar is sodium free, fat free and has less than 5 calories per serving. Because of its acidity and tangy flavor, vinegar is a fantastic substitute for salt.

In an extensive red wine vinegar taste test, *Cooking Light* magazine (2010) stated Pompeian Red Wine Vinegar was "the least expensive" and they were "amazed with its well-balanced flavor." And in 2011, *Cooking Light* recognized Pompeian Balsamic Vinegar with a Taste Test Award!

- Use vinegar as an ingredient in marinades for meat, poultry, fish, and vegetables to create rich flavors.
- Drizzle vinegar on roasted and grilled vegetables, potatoes and seafood for a salt-like flavor without the salt.
- Add a tablespoon or two of vinegar to create complexity in soups and sauces.

Get creative with your vinaigrettes by using flavored vinegars such as Pompeian Roasted Garlic Infused Red Wine Vinegar or Pompeian Pomegranate Infused Balsamic Vinegar. Pour over salads or use as a dip for chicken, fish, and grilled vegetables.



NAOOA Seal of Quality is put on olive oils that meet the International Olive Oil Council standard for olive oil. Pompeian oils were the first to carry the NAOOA Seal of Quality on their label.

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What is the nutritional benefit of using olive oil instead of butter for baking?

“Olive oil is a smart choice for increasing your intake of monounsaturated and polyunsaturated fat. At the same time, olive oil has 70% less saturated fat than butter. That’s a giant step towards a healthier lifestyle.”

Lisa A. Sheldon, MS
author of the *Olive Oil Baking* cookbook

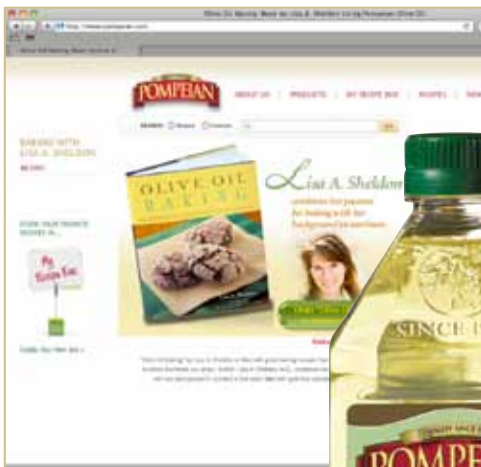
When you bake at home you can choose to use more healthful ingredients, such as olive oil, than those that are traditionally used in baking.

Using olive oil in place of other fats, such as butter or margarine, can dramatically reduce the amount of saturated fat, trans fat and cholesterol in your baked goods.

Olive oil contains 2g of saturated fat per serving while butter contains 7g of saturated fat per serving. In addition, olive oil contains 10g of monounsaturated fat, has 0g of trans fat and is cholesterol and sodium free.

Which olive oil is best for baking? Because of its very light flavor and high smoke point, Pompeian Extra Light Tasting Olive Oil is perfect for baking.

How do I replace butter with olive oil in my recipes? When using a recipe that calls for butter, refer to the olive oil conversion chart below to ensure the correct substitution.



For more baking with olive oil recipes, visit www.pompeian.com



BUTTER TO OLIVE OIL HERE'S HOW MUCH POMPEIAN OLIVE OIL TO SUBSTITUTE IN ALL OF YOUR RECIPES.

RECIPE CALLS FOR BUTTER/MARGARINE	USE THIS MUCH POMPEIAN EXTRA LIGHT TASTING OLIVE OIL
1 TEASPOON	3/4 TEASPOON
1 TABLESPOON	2-1/4 TEASPOONS
2 TABLESPOONS	1-1/2 TABLESPOONS
1/4 CUP	3 TABLESPOONS
1/2 CUP	1/4 CUP + 2 TABLESPOONS
2/3 CUP	1/2 CUP
3/4 CUP	1/2 CUP + 1 TABLESPOON
1 CUP	3/4 CUP
2 CUPS	1-1/2 CUPS

SOURCE: INTERNATIONAL OLIVE OIL COUNCIL



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