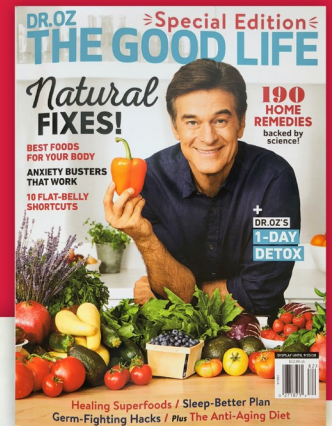




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THE GOOD LIFE



**CHECK
IT OUT**

How do you know that your **extra virgin olive oil** is good-quality?

OZ SAYS A smart place to start: Take a look at the labels on the bottles when you shop! For guidance, we talked to Sal Russo-Tiesi, U.S. general manager of Bono, a family-owned company in Sicily that produces award-winning EVOO.

► **Look for “Extra Virgin”** Olive oil that’s labeled “Light” or “Extra Light” may be lower-grade and less tasty (and has the same number of calories).

► **Check the “best by” date** Most bottles have one. Quality declines over time, so the sooner you buy it after it’s been bottled, the fresher the oil. Two years is the max for quality, says Russo-Tiesi; if the “best by” date is next month, pass it up.

► **Look for these two terms** The label may say *PDO* (Protected Designation of Origin) and *PGI* (Protected Geographical Indication). These are European government certifications that mean the oil was produced in the stated region using the best practices.



Bonus points if there’s a serial number on the bottle (many of Bono’s EVOOs have one)—with this number, you can trace the oil to the specific farms that supplied the olives.

► **Beyond the label, look at the bottle, because its color matters:** A dark bottle means the oil is protected from light damage. The color of the oil, however, isn’t important. “Dark green, light green, or anything in between is fine—the color doesn’t indicate whether a product is good or bad, extra virgin or non-extra virgin,” says Russo-Tiesi.



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