



Olive Wellness Institute Update:

Australian Dietary Guidelines and Health Star Rating

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Olive Wellness Institute background



- Funded by Hort Innovation
- Launched in 2018
- Create resources, blogs, webinars, workshops, etc

Olive Wellness Institute background

The Olive Wellness Institute is a science repository on the nutrition, health and wellness benefits of olives and olive products, which is all subject to extensive peer review.



CREDIBILITY



EVIDENCE BASED



EXPERTISE



Olive Wellness Institute 12 Month Update

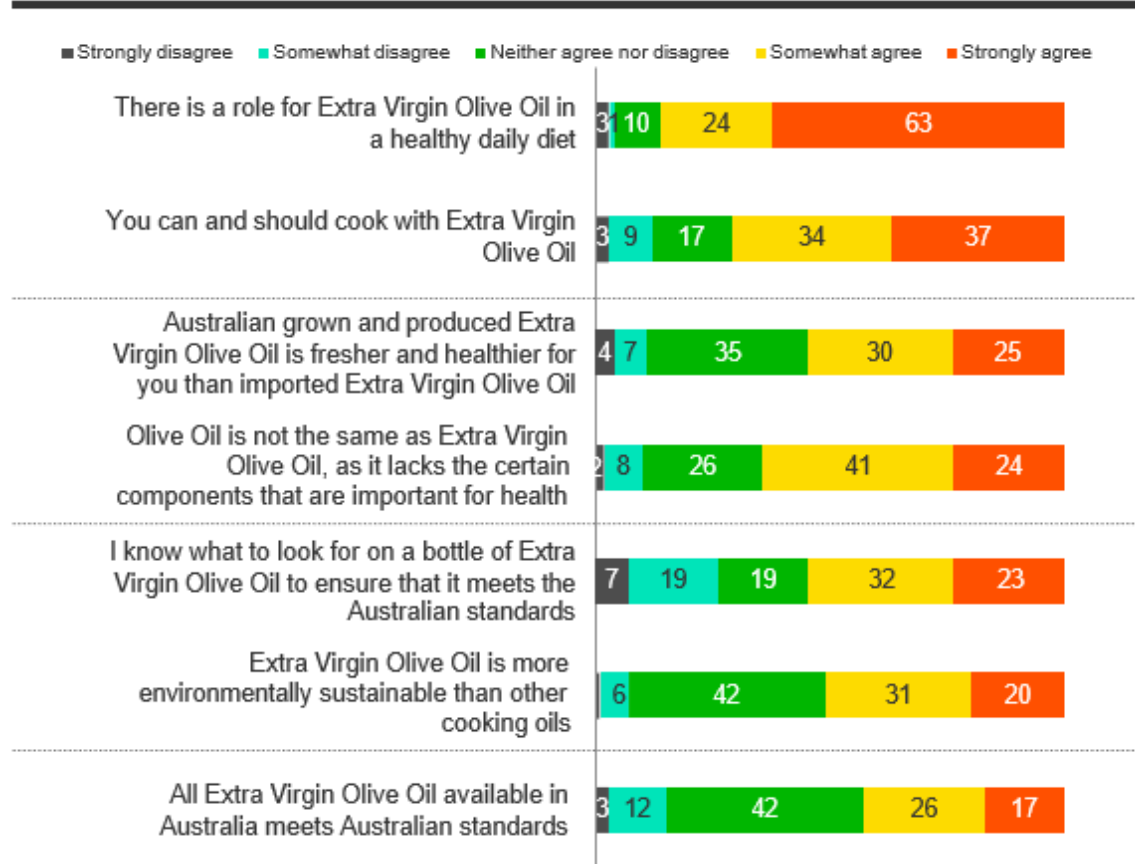
Olive Wellness Institute Market Research



- September 2024 & 2025 partnered with Kantar
- 2024 data = highlight current knowledge gaps
- 2025 data = monitor progress

Summary of 2024 Findings

Statements about EVOO



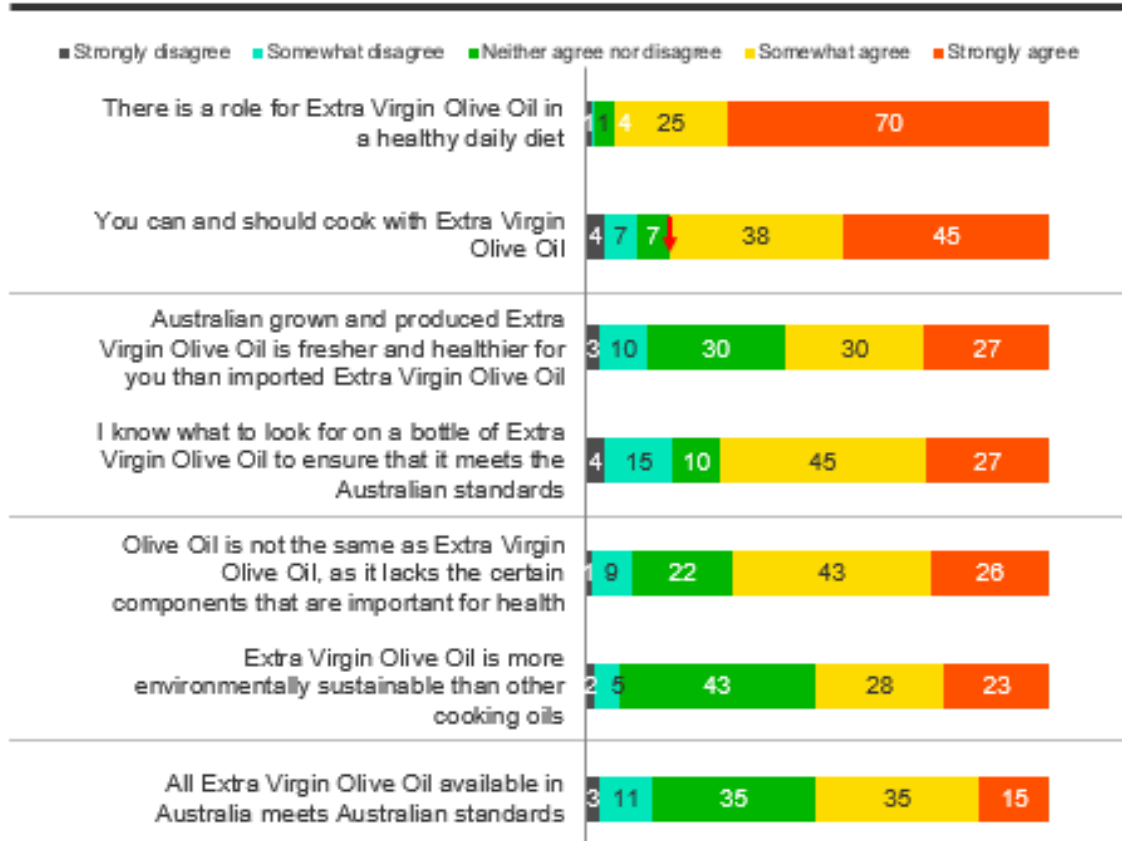
- Overall, quite positive 😊

Key knowledge gaps:

- Food service professionals, antioxidant capacity and cooking suitability
- Other health professionals more unaware of health benefits
- 20% of sample aware of OWI

Summary of 2025 Findings

Statements about EVOO



- Overall, still positive 😊

Changes to key knowledge gaps:

- Food service professionals **gap closed**
- Other health professionals more aware of EVOO health benefits - **flaxseed oil** ranked higher for some health benefits
- 24% of sample aware of OWI

Bridging the Knowledge Gap for Food Service Professionals



New partnership with straight to the source:

- Fine food festival EVOO masterclass
- 50-minute podcast episode “The power of Australian EVOO”

Getting Health Professionals Talking about EVOO



Cooking with EVOO:
Unpacking the sensory and health properties of cooking with extra virgin olive oil (EVOO) and launching our new Culinary Nutrition E-booklet

CATHERINE ITSIOPOULOS

TOM HITCHCOCK

Reframing Healthy Fats in Everyday Practice:
A Webinar for Health Professionals

Presented by Dr Joanna McMillan • Dr Tim Crowe, MC
12pm–1pm Tuesday 9th September AEST

australian avocados

Olive Wellness INSTITUTE™

3nu+ nuts for life

- Australian Cardiac Rehabilitation Association – August 2025 conference
- Nutrition Society of Australia - December 2024 conference

Hosted x2 webinars:

- Cooking with EVOO
- Reframing healthy fats in everyday practice

Creation of Culinary Nutrition E-booklet

LESSON 2

Learning how to caramelise

What is caramelising?

Creating sweet and complex flavours by cooking foods like vegetables, fruits, meats and legumes at temperatures greater than 160°C for 10 minutes or longer.²² During this process you will notice delicious aromas as your food begins to brown.

How do you caramelise food?

When cooking on the stove top or oven...



Pour enough EVOO to completely coat pan/baking tray base - cooking with EVOO allows for complex flavours to form, prevents food from drying and adds extra nutrition.¹⁹

Turn heat on low to medium (stove top) or set to >160°C (oven) - prevents food from burning and allows flavours to slowly form over time.

Stir/toss food regularly on stove top or every 10 minutes in oven - prevents burning and coats food in EVOO to help form flavours.



Tangy Tomato and Zucchini Frittata on Toast

SERVES: 2

Ingredients

4 eggs
½ cup milk
1 handful of grated parmesan cheese
4 slices of bread for toasting (try using sourdough, wholegrain or rye for added health benefits)
1 onion
1 punnet cherry tomatoes
1 grated zucchini
2 small-medium carrots
Classic or Robust flavoured EVOO for cooking
Small handful (10-15 leaves) of fresh basil
2 garlic cloves
Pinch of dried oregano

Method

Thinly slice onion and cook in frying pan with EVOO on low heat. After 5 minutes, stir onions then chop/mince garlic, add into pan and allow to cook for another 5 minutes.
Slice cherry tomatoes in half, dice both carrots and add to pan.
Whilst vegetables are caramelising continue to stir the pan every 3-5 minutes. Crack 4 eggs into a bowl and whisk with a fork for 1 minute. Add milk, oregano and grated zucchini into bowl and mix through for another minute.
Once vegetables are looking, smelling and tasting caramelised, add in the egg, milk and zucchini mixture, place lid on top of pan and keep heat on low. After roughly 3-4 minutes sprinkle parmesan cheese on top of the frittata. Place lid back on pan and allow to cook for another 2-3 minutes.
Toast 4 pieces of bread to your liking, use spatula or knife to cut frittata in half, garnish with fresh basil and serve with toast.



Tip: The best way to learn is to taste, smell and notice the colour changes as you cook. Here is an example we have made with an onion in a pan...



RAW/0 MINS:
Pungent, peppery
& crunchy texture

5 MINS:
Mild pepperiness
& subtle sweet taste

10 MINS:
Sweet aftertaste
& light brown tinge

15 MINS:
Mostly browned, nutty,
umami, sweet & jammy
= caramelised!

Note: you can continue to caramelise after 15 minutes to further develop flavours if you have the time!

- New patient resource for HCP – Launched July 2025

- Come chat to me at the booth to hear more or if you want a hard copy 😊

Australian Dietary Guidelines Update



Refresher & Ideal Changes



1. Healthy fats and oils to be recognised as an important core food group and their daily consumption as part of a healthy eating pattern to be encouraged
2. EVOO to be referred to as the best example of a healthy oil

GUIDELINE 3

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.

- a. Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominately saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominately polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of 2 years.

Our Action Plan



- Kept up to date with review process
- Attend public meetings
- Submit papers to evidence calls

Future plans:

- Continue submitting papers
- Submit feedback on the draft guidelines

Likelihood of Change

Very high priority	High priority	Moderate priority	Low priority
Intake/exposure and health outcomes for: • dietary patterns relevant at a population level • animal vs plant sources of protein • high vs low/no intake of ultra-processed foods <i>Relationship between dietary patterns and/or food intakes and sustainability outcomes was identified as a very high priority and is intended to be addressed via a separate process.</i>	Intake/exposure and health outcomes for: • meal patterns (frequency of eating) • red vs white meat intake • high vs low/no intake of legumes/pulses Contextual factors and consumption aligned with guidelines, including: • eating environment/context (e.g. family meals, use of technology during meal times, school/workplace/community factors) • food literacy/skills • food security • interventions/strategies to improve dietary patterns and eating behaviours aligned with the guidelines across the life course. Identified as a high priority, however may be addressed separately as relates to implementation.	High vs low/no intake and health outcomes for: • beverages (including sugar-sweetened, artificially-sweetened, fruit juice, water, tea/coffee) • dairy • dairy alternatives • added sugar	Intake/exposure and health outcomes for: • aspects of macronutrient source/quality • food source and type of fat in the diet • meal patterns (other than frequency of eating) • food processing, preparation and cooking (excluding ultra-processed foods) High vs low intakes and health outcomes for: • red meat • poultry • fish and/or seafood • egg • nut and/or seeds • fats and oils • total sugars intake • grains and cereals • fruit • vegetables Contextual factors and consumption aligned with

- Chance healthy fats may be recognised as a core food group
- Low chance EVOO singled out as the best example of a healthy oil



Health Star Rating

Quick refresher



- Rating from 0.5 to 5 stars for packaged foods
- Uses a specific formula depending on category
- Missing many core nutrients but a good start!

EVOO's Health Start Rating



- Result = 3-3.5 rating
- Health Start Rating is entirely dependent on saturated fat content
- Does NOT acknowledge the significant health benefits of MUFAs, PUFAs or minor components of EVOO

Mandating the Health Star Rating



- Final target: 70% of intended products apply an HSR by 14 November 2025.
- No algorithm changes but open to exemptions or fixed scoring adjustments
- Must remain mostly aligned with Australian Dietary Guidelines
- National education campaign

What does this all mean for growers?



- 2026-2027 = important changes to government guidelines and policies
- Olive Wellness Institute will continue to advocate on your behalf
- Reach out over email if you want to hear more info@olivewellnessinstitute.org

Thank You!



1. Council, N. H. a. M. R. (2013). Australian Dietary Guidelines.
2. NHMRC, A. G. "Review of the 2013 Australian Dietary Guidelines." from <https://www.nhmrc.gov.au/health-advice/nutrition/australian-dietary-guidelines-review/about-the-review>.
3. FSANZ (2025). Uptake of the Health Star Rating system as at November 2024 24.
4. Jones, A., et al. (2018). "Defining 'Unhealthy': A Systematic Analysis of Alignment between the Australian Dietary Guidelines and the Health Star Rating System." Nutrients 10(4).

