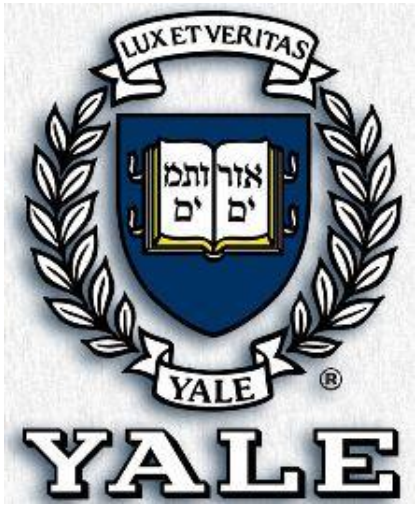


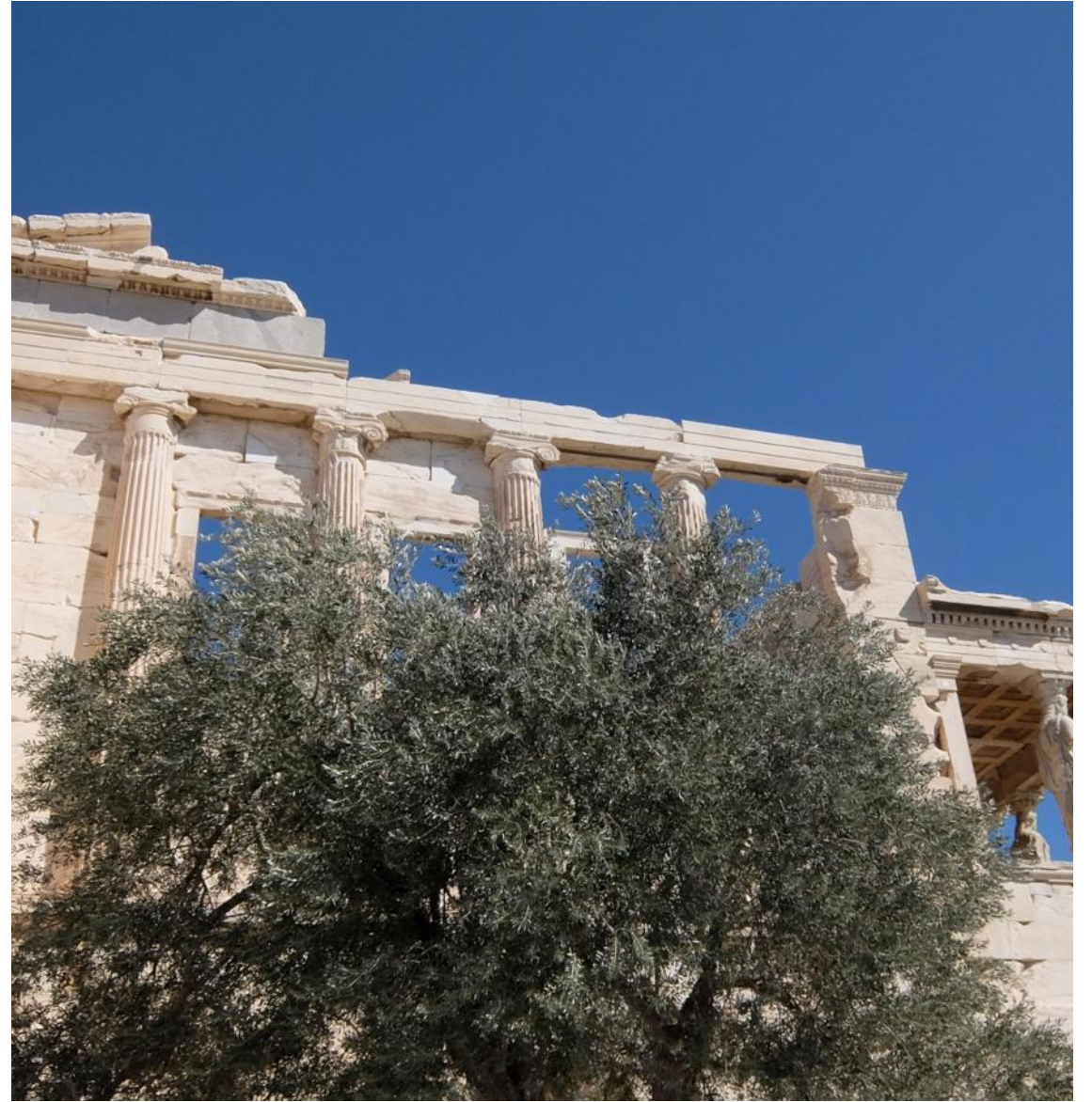
The Language of Olive Oil



32nd Annual Chef Culinary Conference

**U Mass Amherst
09 June 2026**

Tassos C. Kyriakides, Ph.D.
Assistant Professor
Yale School of Public Health
tassos.kyriakides@yale.edu



Disclaimers

- No conflicts of interest
- Avid consumer of olive oil

BLUF

Mediterranean Diet...and Olive Oil

Yester(BC)day

To(AD)day

TOMORROW

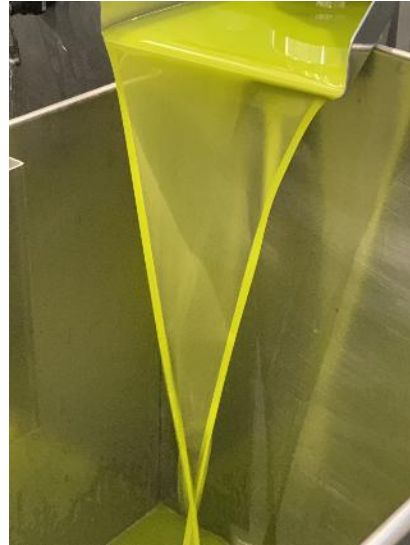
History

- Olive oil has a history of 8,000 years
- Palace of King Nestor, Pylos (Peloponnese)
the first evidence on olive oil production 1500-1300 BC
- Trojan war? Maybe not for Helen, but for olive oil trade route control?



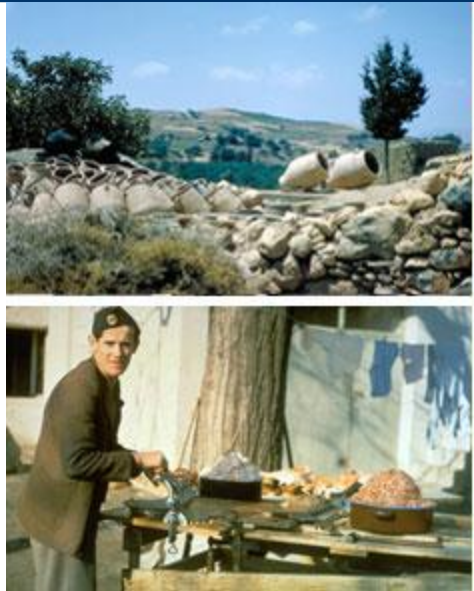
The olive tree and its products

- Flower, Leaves, Olives (fruit)
- Olive oil comes from a fruit
 - Primarily monounsaturated fat (MUFA)
 - High Vitamin E content
 - High phenolic content
- Olive oil composition^a:
 - Primarily triacylglycerols (~99%)
 - Secondarily free fatty acids, mono- and diacylglycerols
 - An array of lipids e.g. hydrocarbons, sterols, aliphatic alcohols, tocopherols, and pigments
 - A plethora of phenolic and volatile compounds
 - Fatty acids: palmitic (C16:0), palmitoleic (C16:1), stearic (C18:0), oleic (C18:1), linoleic (C18:2), linolenic (C18:3).
 - Myristic (C14:0), heptadecanoic, and eicosanoic acids in trace amounts



a. Dimitrios Boskou, Georgios Blekas, Maria Tsimidou. Chapter 4: Olive Oil Composition; in Olive Oil (Second Edition) Chemistry and Technology 2006, Pages 41-72

Olive Oil and Health...1950s



Another Famous Slide – Note the vertical red dotted line!

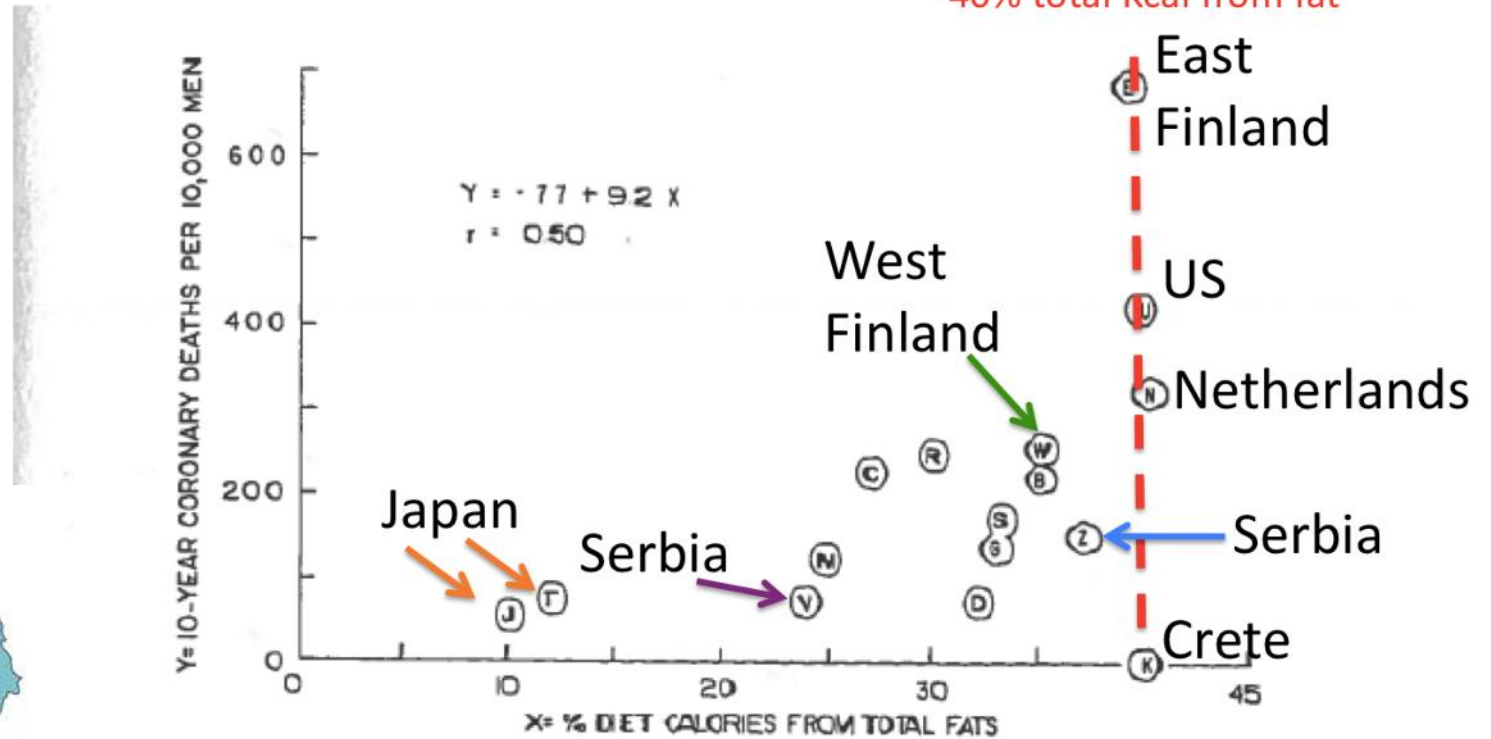


Figure 14.2. Ten-year coronary death rates of the cohorts plotted against the percentage of dietary calories supplied by total fats. Cohorts as in figure 14.1.

40% of total Kcal from fat

Human Health

- Mediterranean nutrition
 - Scientific evidence pointing to a plethora of direct and indirect health benefits of olive oil and other olive tree products:
Cardiovascular/Coronary Heart Disease (1° & 2° Prevention); Cancer;
Cognitive/Neurological conditions; Diabetes; Endocrine/Metabolic Syndrome
- EFSA; Commission Regulation (EU) 432/2012 Health claim

Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress. The claim may be used only for olive oil, containing at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil. (EFSA; Commission Regulation (EU) 432/2012)

Planetary Health

International Olive Council (IOC) research indicates that a hectare of olive trees cancels out one person's annual carbon footprint; the production of 1 liter of olive oil captures 10.64 kg of atmospheric carbon dioxide (CO₂)

Source: (Accessed 08 June 2026)

<https://www.internationaloliveoil.org/1074-world-olive-oil-production-could-absorb-the-co2-emissions-of-a-city-the-size-of-hong-kong/>

Olive Oil In US

**300,000 metric
tons**

Of Olive Oil per Year

**10,000 metric
tons domestic**

Mostly California

Average 1.1 liter per person

- **Supermarkets**
- **Restaurants**
- **Food Processing**

The market is growing!

Health Benefits

Mediterranean Diet

**Health and Cultural
Literacy!**

**The best diet for 8
years!**

6.1x

d i v e d i l

**27,000
Liters**

Of Olive Oil per Year

**6.1 Liters
Per Student**

(During the academic calendar; Data from 23-24)

How did it happen?

27,000 Liters

Of Olive Oil per Year

United States Average: 1.1 Liters

6.1x

**6.1 Liters
Per Student**

**(During the academic calendar
Data 2023-24)**

Experiential Literacy in Action

Unveiling the Health Benefits of Olive Oil at Yale

Symposia

Yale SCHOOL OF PUBLIC HEALTH
Environmental Health Sciences

Olive Oil and Health: New Frontiers and Partnerships for Research and Education



Wednesday, October 3, 2018
Food will be provided
Wendover Auditorium 49 College Street
New Haven, CT 06520
PublicHealth.yale.edu/ehs
Registration: \$100 (Yale affiliates free)

This symposium will bring together participants from all facets of the olive oil world (academia and entrepreneurs) in research matters related to olive oil. It will be considered include its chemical composition and its role in human health, and to stimulate preliminary discussion of an Olive Oil Center.

Hosted by Professors Tassou C. Kyriakidis

4TH INTERNATIONAL YALE SYMPOSIUM ON OLIVE OIL & HEALTH

CO-HOSTED BY UNIVERSITY OF ROME TOR VERGATA
AND UNIVERSITY OF BARI ALDO MORO

Rome, Thursday, September 15 - Sunday, September 18, 2022

The 4th International Yale Symposium will bring together academics, organizations and industry involved in research and education related to olive oil and its products. The objectives of the symposium are to: (a) assess and discuss current issues pertinent to the olive tree and its products in the areas of Chemistry, Microbiology, Biochemistry and Molecular Biology, Nutrition and Health, Agriculture, Agronomy, Technology and Planetary Health, Sustainability and Culture, Biosciences and Policy, and (b) encourage and stimulate the creation of partnerships and collaborations among individuals and institutions under the umbrella of the Yale Olive Oil Science and Health Institute.

ORGANIZING COMMITTEE

CHAIRS
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Francesca Ropoli University of Bari Aldo Moro, Italy
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Vasiliki Vasilakou Yale School of Public Health, USA

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SECRETARIAT
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Rita Gaudenzi University of Bari Aldo Moro, Italy
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For registration and further information, please visit our website:
yaleoliveoilandsymposium.org

Yale SCHOOL OF PUBLIC HEALTH
Environmental Health Sciences



SECOND INTERNATIONAL YALE SYMPOSIUM ON OLIVE OIL & HEALTH

EUROPEAN CULTURAL CENTRE OF DELPHI
DELPHI, GREECE

Sunday, December 1 - Wednesday, December 4, 2019

The second annual Yale Symposium will bring together academics, organizations and industry involved in research and education related to olive oil and its products. The objectives of the symposium are to: (a) assess and discuss current issues pertinent to the olive tree and its products in the areas of Chemistry, Microbiology, Biochemistry and Molecular Biology, Nutrition and Health, Agriculture, Agronomy, Technology and Planetary Health, Sustainability and Culture, Biosciences and Policy, and (b) encourage and stimulate the creation of partnerships and collaborations among individuals and institutions under the umbrella of the Yale Olive Oil Science and Health Institute.

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Environmental Health Sciences



3RD INTERNATIONAL YALE SYMPOSIUM ON OLIVE OIL & HEALTH

CO-HOSTED BY UNIVERSITY OF JAÉN, SPAIN
AND THE 4TH INTERNATIONAL CONGRESS
ON OLIVE OIL, OLIVE GROVES AND HEALTH

Thursday, December 9 - Sunday, December 12, 2019

The third annual Yale Symposium will bring together academics, organizations and industry involved in research and education related to olive oil and its products. The objectives of the symposium are to: (a) assess and discuss current issues pertinent to the olive tree and its products in the areas of Chemistry, Microbiology, Biochemistry and Molecular Biology, Nutrition and Health, Agriculture, Agronomy, Technology and Planetary Health, Sustainability and Culture, Biosciences and Policy, and (b) encourage and stimulate the creation of partnerships and collaborations among individuals and institutions under the umbrella of the Yale Olive Oil Science and Health Institute.

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YALE SYMPOSIUM ON OLIVE OIL & HEALTH

HUMAN AND PLANETARY HEALTH, BIOCIRCULARITY AND CLIMATE CHANGE,
AGROSYMBIOSIS, POLICIES AND MARKET LITERACY AND NUTRISCORE

CO-HOSTED BY ELIC3 TECHNOLOGY AND INNOVATION CAMPUS
AND YALE SCHOOL OF PUBLIC HEALTH

Oliveira do Hospital, PORTUGAL 10-13 December 2023

The 7th annual Yale Symposium will draw together a diverse group of individuals sharing a common interest in the olive tree and its products. Participants will include academics, members of professional associations and organizations, growers, producers, buyers, retailers, and other industry and allied industry representatives. This Symposium will focus on current and emerging issues including, but not limited to, olive oil in public, global and planetary health; olive oil and olive policies and regulations (both local and global); olive oil quality, authenticity, chemistry, and testing; olive oil marketing, health-related considerations (e.g., nutrition, nutraceuticals and the Mediterranean diet); the bioeconomy, the circularity and sustainability, and climate change and climate resilience. The program includes presentations, roundtable discussions, tastings, and social gatherings and is specifically designed to stimulate active participation and to promote collaboration between participants.

ORGANIZING & SCIENTIFIC COMMITTEE

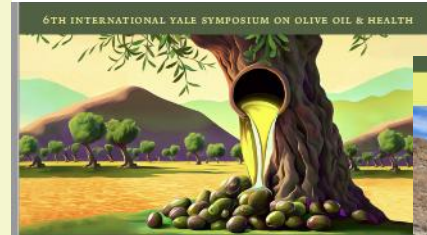
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Yale SCHOOL OF PUBLIC HEALTH
Environmental Health Sciences



6TH INTERNATIONAL YALE SYMPOSIUM ON OLIVE OIL & HEALTH

BEYOND THE OLIVE GROVE: SHARING PUBLIC AND PLANETARY
HEALTH, POLICY, AND SUSTAINABILITY

Heraklion, Crete
December 1-5
2024

CO-HOSTED BY THE YALE SCHOOL OF PUBLIC HEALTH AND THE INSTITUTE
OF MOLECULAR BIOLOGY AND BIOTECHNOLOGY OF THE FOUNDATION
FOR RESEARCH AND TECHNOLOGY - FORTH

The sixth annual Yale Symposium will bring together a diverse group of individuals sharing a common interest in the olive tree and its products. Participants will include academics, members of professional associations and organizations, growers, producers, buyers, retailers, and other industry and allied industry representatives. This Symposium will focus on current and emerging issues including, but not limited to, olive oil in public, global and planetary health; olive oil and olive policies and regulations (both local and global); olive oil quality, authenticity, chemistry, and testing; olive oil marketing, health-related considerations (e.g., nutrition, nutraceuticals and the Mediterranean diet); the bioeconomy, the circularity and sustainability, and climate change and climate resilience. The program includes presentations, roundtable discussions, tastings, and social gatherings and is specifically designed to stimulate active participation and to promote collaboration between participants.

ORGANIZING & SCIENTIFIC COMMITTEE

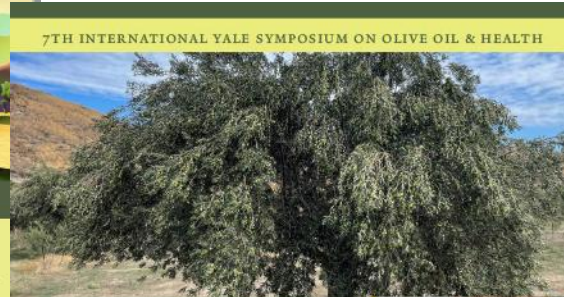
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Yale SCHOOL OF PUBLIC HEALTH
Environmental Health Sciences



7TH INTERNATIONAL YALE SYMPOSIUM ON OLIVE OIL & HEALTH

Olive Oil and The Future of Health:
Innovations for Personal, Community,
and Ecosystem Well-Being

New Haven, CT
December 4-7, 2025

The 7th International Symposium on Olive Oil and Health, titled "The Olive Tree and the Future of Health: Innovations for Personal, Community, and Ecosystem Well-Being," will convene global experts to explore the evolving role of food, culture, and science in promoting health across interconnected systems. Inspired by the enduring symbolism of the olive tree, the symposium will highlight cutting-edge research in nutrition, bioactive compounds, and healthy lifestyles, while fostering dialogue on sustainable agricultural practices and wellness innovation. Through interdisciplinary sessions, the event will bridge tradition and technology to illuminate new pathways for advancing health in the real world.

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Yale SCHOOL OF PUBLIC HEALTH
Environmental Health Sciences

Food literacy

You're Invited:
**ANCIENT GREEK
REVIVAL**
discussion, documentary, and dinner

		
Panel & Discussion	Documentary Viewing	Tasting & Dinner
TUE APR 19 4:00PM - 5:30PM Yale MacMillan Center	WED APR 20 11:00AM - 3:00PM Commons at Yale Schwarzman Center	WED APR 20 5:00PM - 7:00PM Commons at Yale Schwarzman Center
Registration Required Join Tassos C. Kyriakides and Paul Freedman as they lead a panel featuring Chef Michael Psilakis, Konstantinos Koutras, Fil Buccino with an introduction by Prof. John Chrysoulakis.	Abandoned Grove's documentary, "Obsessed with Olive Oil" will play on display during lunch service concluding with a Q&A led by Fil Buccino himself!	Registration Required Enjoy an extra virgin olive oil tasting with ambient sounds from the Yale School of Music, followed by a dinner inspired by ancient Greek culinary traditions.

These events are open to Yale undergraduate and graduate students, faculty and staff. Registration, confirmation and Yale ID are required. Seating is limited. Meal swipes will not be collected at the 4/20 dinner.



Yale SCHOOL OF
PUBLIC HEALTH



SAKELLARPOULOS
ORGANIC FARMS

Yale MACMILLAN CENTER
Hellenic Studies Program

Yale SCHOOL OF PUBLIC HEALTH

The art of Gastronomy...



ANCIENT GREEK MENU

First Course:

Trio of Meze

Cretan Spiced Hummus

Yield: 1 quart

Half a Spanish or sweet onion, sliced thick

Olive oil

Kosher salt and cracked black pepper

40 large, plump sun-dried tomatoes, about 2 cups

6 cloves garlic, smashed

2 large shallots, sliced thick

8 leaves basil

1 teaspoon ground cumin

½ teaspoon coriander

½ teaspoon fennel seed

1 cup tahini

1 cup extra-virgin olive oil

3 tablespoons fresh lemon juice

3 cups Chickpea Confit (page 000), drained

1. Brush the onion slices with a little olive oil and season with salt and pepper.

On a hot griddle pan or in a cast-iron skillet, grill until tender and slightly charmarked.

2. In a food processor, combine the grilled onion, sun-dried tomatoes, garlic, shallots, basil, and cumin, coriander, fennel seed and tahini. Pulse into a chunky puree. With the motor running, slowly drizzle in the olive oil, then the lemon juice. The mixture should be quite smooth.

3. Transfer to a large bowl and add the chickpea confit. Fold together to blend.

Return to the food processor in batches, and puree until smooth and thick.

Season to taste with pepper and check for salt (if the sun-dried tomatoes are very salty, you may not need much). The texture is a matter of taste; if it is very thick, add a little more olive oil (more olive oil will yield a creamier result).



Health and culture...



Yale SCHOOL OF PUBLIC HEALTH



Experiential dinners



*Enjoy Olive Oil
Flavor Exploration!*

Oleoteca at The Well

Yale SCHWARZMAN CENTER
Hospitality

Yale SCHOOL OF
PUBLIC HEALTH



Scan code for
registration and
event details



Tuesday, February 7, 2023
5:00pm - 6:00pm

THE WELL



Yale SCHOOL OF PUBLIC HEALTH



Yale SCHOOL OF PUBLIC HEALTH

Progress through Process...

Name of Event	Date	Time	Capacity	RSVPs	Waitlist
Oleoteca: Olive Oil Exploration	Tue, Feb 21, 2023	5 PM - 6:00PM	25	24	21
Oleoteca: Olive Oil Exploration	Tue, Mar 28, 2023	5 PM - 6:00PM	25	23	2
Oleoteca: Olive Oil Exploration	Tue, Apr 25, 2023	5 PM - 6:00PM	25	23	1
Oleoteca: Olive Oil Exploration	Tue, Oct 3, 2023	5 PM - 6:30 PM		25	8
Oleoteca: Olive Oil Exploration	Tue, Dec 5, 2023	5 PM - 6:30 PM	30	31	347
Oleoteca at The Well	Tue, Mar 26, 2024	5 PM - 6:30 PM	30	58	59
Oleoteca at The Well	Tue, Apr 23, 2024	5 PM - 6:30 PM	30	59	39
TOTAL				243	477

Welcome!

Oleoteca
at The Well

Yale SCHWARZMAN CENTER
Hospitality

Yale SCHOOL OF
PUBLIC HEALTH



THE WELL

...but do they like it?

“By proactively altering the food environment, Yale Hospitality is setting a powerful example of how institutions can lead in fostering sustainable health behaviors on a large scale.”

Jackson Higginbottom, MPH '20

“I knew olive oil making was an art, but not that it was so subtle and precise!” shared Josefine, a Philosophy PhD student, echoing everyone’s newfound appreciation.

Yale SCHWARZMAN CENTER

The Unassuming Olive

1.22.24

Tola Gbadamosi, YSPH '24

events.

Reflecting on the significance of the Schwarzman Center and the Oleoteca event as mechanisms for dissemination of public health information, he remarks “I want [Oleoteca] to be an experience ... there’s something about enjoying food and company that anything you hear you’re more likely to retain and remember it later.”

I want [Oleoteca] to be an experience ... there’s something about enjoying food and company that anything you hear you’re more likely to retain and remember it later.

Tassos Kyriakides, professor of Biostatistics

Jackson Higginbottom MPH '20 a behavior change researcher commented, “I’m excited to see how the olive oil tastings are broadening the scope of public health practice and education beyond the School of Public Health to more central areas of Yale’s campus. This initiative is an innovative way to introduce students to the health benefits of olive oil,

The language of olive oil speaks to a rich gastronomic heritage and human/planetary health...



Thank you!

Yale SCHOOL OF PUBLIC HEALTH