



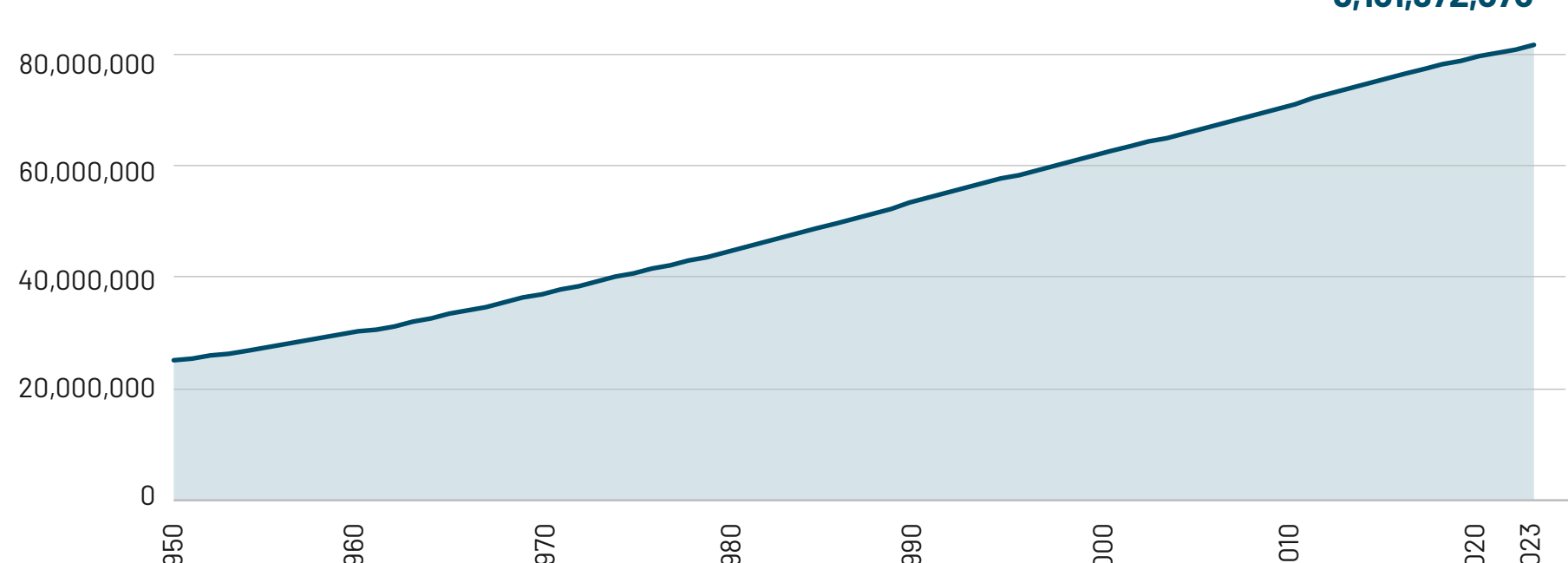
Challenges and Opportunities of the Olive Sector

We are an intergovernmental organisation established in 1959 under the auspices of the United Nations, bringing together olive oil and table olive producing and consuming countries.

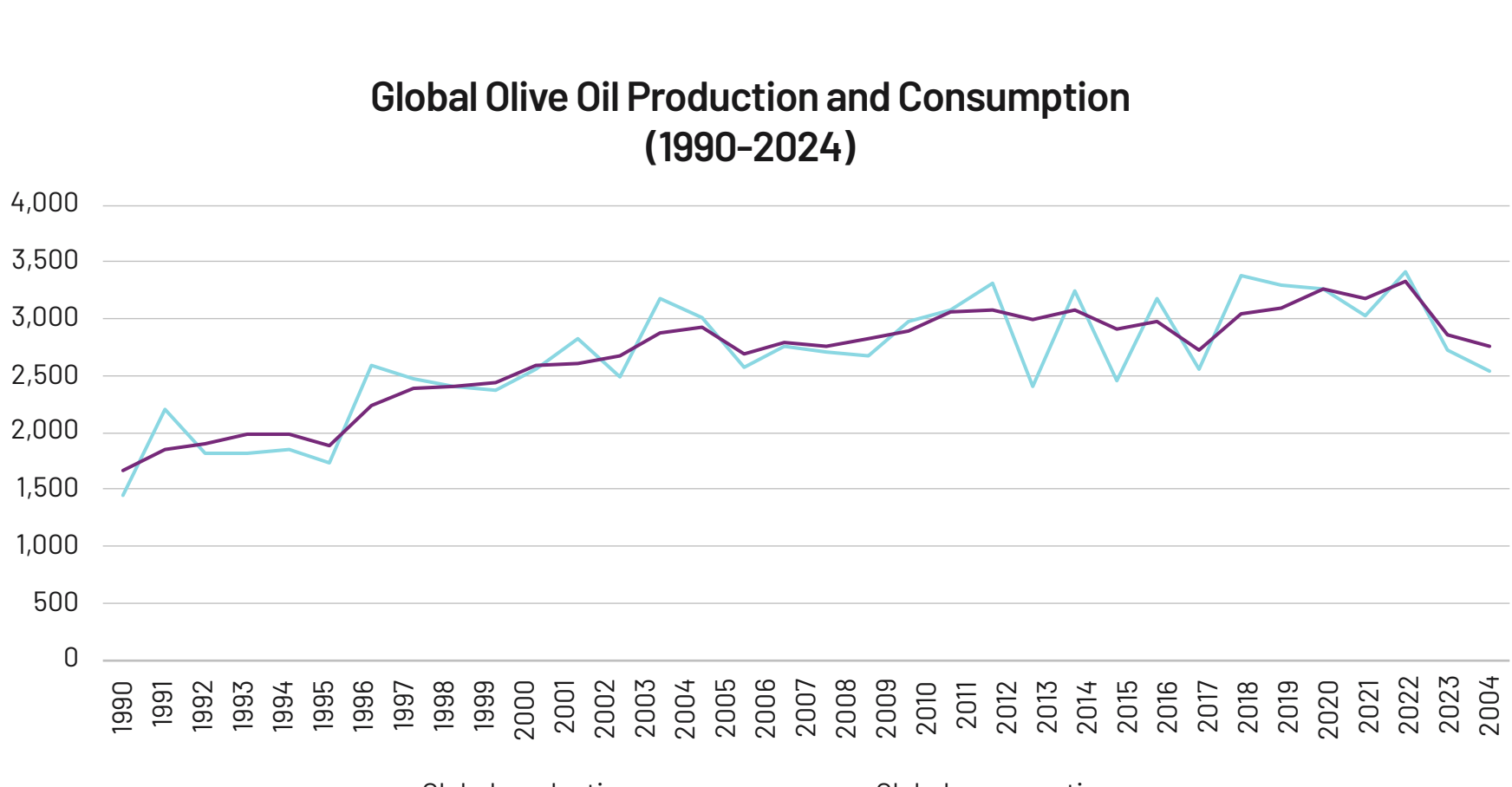
Feeding a Growing Global Population

The global population has tripled since the mid-20th century. The challenge is to feed this growing population in a more sustainable way.

Population Growth



Global Olive Oil Production and Consumption (1990-2024)



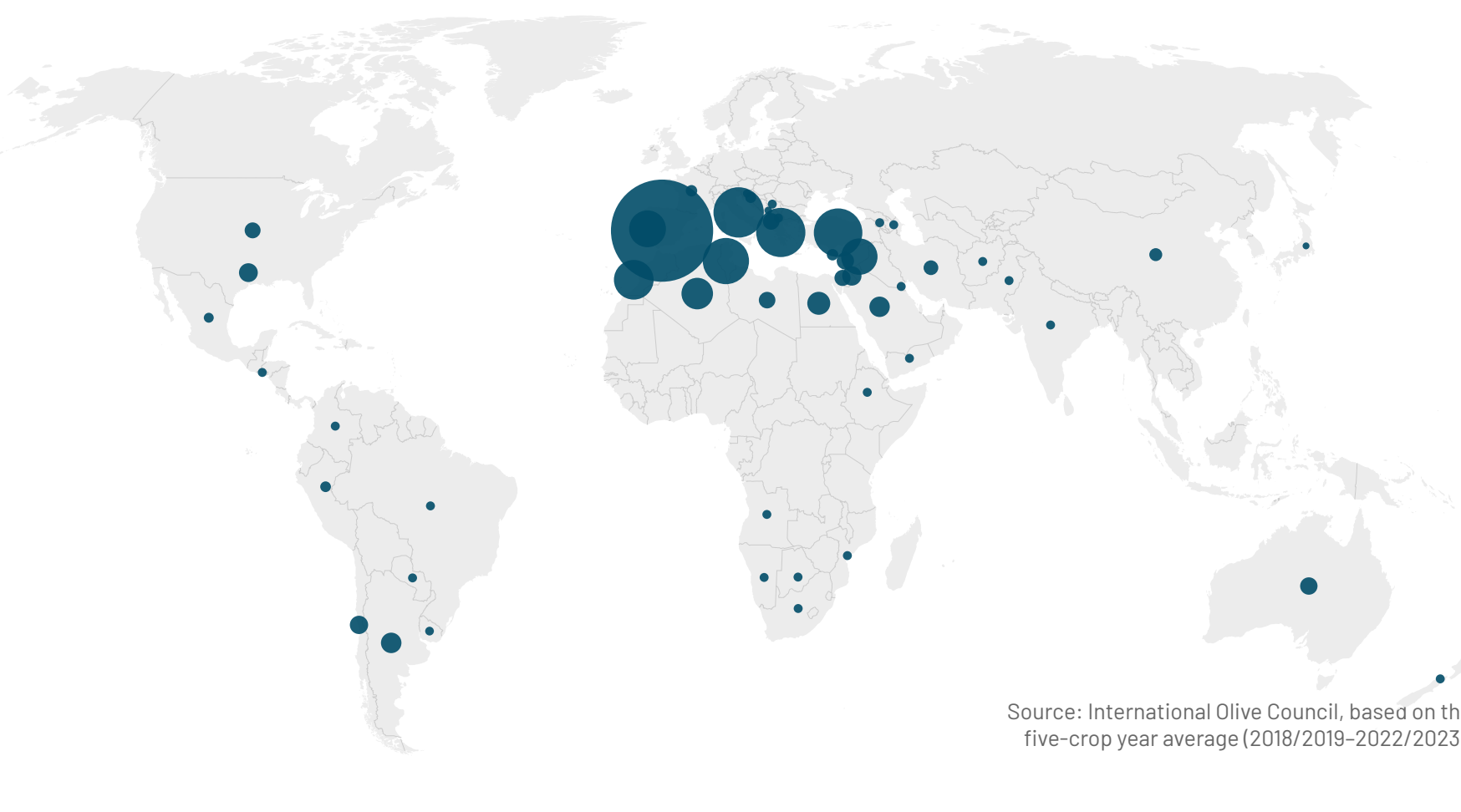
IOC Contribution

- We promote the production and consumption of olive oil and table olives, which are both healthy and environmentally friendly.
- We assist member countries in developing their olive sector and fostering sustainable agricultural practices.

Driving the Globalisation of the Olive Sector

Olive oil and table olive production remains largely concentrated in the Mediterranean basin. However, it is gradually expanding into other regions of the world.

Olive Oil Production (Tonnes)



Source: International Olive Council, based on the five-crop year average (2018/2019-2022/2023).

IOC Contribution

- We support new producing regions by promoting quality and authenticity standards that ensure product excellence, prevent fraud, and protect consumers.
- Through promotional campaigns, we contribute to spreading knowledge, educating consumers, and supporting the growth of a globally competitive sector.

Contributing to Human Health

On the occasion of the 30th anniversary of the publication of the Mediterranean diet pyramid, we review the benefits of olive oil and table olives.

BREAST CANCER

Virgin olive oil consumption reduces the risk of various cancers. The Predimed study found it lowers the risk of breast cancer in postmenopausal women by 62%.

ALZHEIMER'S

Studies worldwide link the Mediterranean diet, including olive oil, to a lower incidence of Alzheimer's, dementia, and cognitive decline.

DIABETES

Evidence suggests olive oil helps with weight control, reducing obesity—a key risk factor for type 2 diabetes.

CARDIOVASCULAR DISEASES

Monounsaturated fats and antioxidants in virgin olive oil make it healthier than low-fat diets, reducing cardiovascular risk factors.

IOC Contribution

- We disseminate updated scientific information on olive oil benefits through the Olive Health Information System (OHIS) in collaboration with the University of Navarra.
- We promote advanced research into olive oil's nutritional properties and health benefits.
- We protect consumers by fostering rigorous quality standards and promoting awareness campaigns.

Helping to Mitigate Climate Change

Olive groves represent 11 million hectares of forests, carefully managed by humans, which contribute to the health of the planet.

01

Producing 1 litre of olive oil removes 10.65 kg of CO₂ from the atmosphere.

02

Olive groves capture 4.58 tonnes of CO₂ per hectare annually.

03

One hectare of olive grove offsets the annual carbon footprint of one person.

IOC Contribution

- We are developing a methodological framework and associated software tools to assess the carbon balance of olive groves. This project highlights the olive tree's ability to act as a carbon sink, permanently storing carbon in its structure and soil.

Enhancing the Flavour of Dishes



Cooking with olive oil is an excellent culinary choice, offering both taste and versatility.



Olive oil is a natural flavour enhancer in both raw and cooked dishes.



It adapts to sweet and savoury recipes and complements many cuisines.



Suitable for any cooking method: baking, sautéing, marinating, frying, etc.



Foods fried in olive oil have lower fat content.

IOC Contribution

- We collaborate with the Culinary Institute of America to promote IOC standards and engage with US sector representatives—the world's leading importer—highlighting olive oil as a cornerstone of a healthy and sustainable diet.