November 2025

The value of olive trees

Economy | Health | Sustainability

+27%

increase in exports, with Turkey (+132%), Tunisia (+38%), Spain (+31%) and Italy (+25%) contributing the most.

Campaign 2024/2025

3,575
world olive oil production

+13% global consumption
+ 27% exports

3,318
world production of table olives

+5% global consumption

Forecasts 2025/2026

3,300
estimated olive oil production

2,988
estimated production of table olives

Economy

The olive sector is one of the strongest drivers of economic and social development in rural areas, where it promotes growth, generates stable employment and creates opportunities.

In addition to this structural contribution, there is sustained growth in international trade, backed by harmonised national and international standards based on scientific knowledge. Below are some of the latest figures on the production and consumption of olive oil and table olives.

Provisional data for the 2024/2025 crop year

Olive oil

In the absence of final data, the 2024/2025 crop year has seen record global olive oil production, with an estimated volume of 3,575,000 tonnes, representing a 5% increase on the previous high in the historical series, reached in the 2021/2022 crop year with 3,416,000 tonnes.

Global consumption shows a recovery of more than 13% compared to the previous crop year, driven mainly by the performance of European Union countries (+13%), with a notable increase in Spain (+21%). Among the main importing countries, significant growth in imports is also expected, indicating the strength of international demand. Up to July of this season, imports increased in Australia (+57%), Canada (+42%), China (+98%) and the United States (+21%).

Exports also reached a historic high, with an increase of 27% compared to the previous crop year. The countries contributing most to this growth are Türkiye (+132%), Tunisia (+38%), Spain (+31%) and Italy (+25%).

International trade in olive oil continues to gain weight within the sector as a whole. In recent crop years, between 35% and 40% of world production has been exported, whereas in the 2003/2004 crop year this proportion was barely 20%. This trend consolidates the growing importance of the foreign market and reinforces the role of olive oil as a global agri-food product of reference.

After the exceptionally high levels recorded in previous crop years, extra virgin olive oil prices are tending towards a certain normalisation, standing at around £4/kg. Despite a record production season, prices have remained stable thanks to sustained growth in consumption and imports.

Table olives

The 2024/2025 crop year also marks a historic record for global table olive production, with an estimated volume of 3,318,000 tonnes, representing an increase of 1.0% over the previous high in the historical series, reached in the 2017/2018 crop year, with 3,284,000 tonnes.

World consumption is recovering by 5% compared to the previous crop year, driven mainly by the increase in Türkiye (+13%). This growth is occurring despite the decline in imports in some of the main consumer markets, such as Australia (-3%), Brazil (-10%) and the United States (-6%).

Estimates for the 2025/2026 crop year

Olive oil

Forecasts for the 2025/2026 crop year point to a return to normal production levels, with an estimated volume of around 3.3 million tonnes. Although this figure represents a slight decrease compared to the previous crop year, it remains well above the average for recent crop years.

A recovery in production is expected in countries such as Italy and Egypt. There will also be a significant decline in production in Türkiye, Jordan and Argentina, and a moderate reduction in Spain and Portugal. In terms of the market, consumption and export levels are expected to remain in line with the average for recent seasons, which would allow prices to stabilise or even show a slight upward trend.

Table olives

For the 2025/2026 crop year, production is estimated to be slightly lower than the previous year, at around 2,988,000 tonnes, a figure close to the average for recent seasons. Production is expected to recover in countries such as Portugal and Egypt, while a significant decline is anticipated in Spain, Türkiye and Argentina. As in the case of olive oil, consumption and export levels are expected to remain stable.

+1,000

Studies over the past 20 years show that olive oil improves cardiovascular, metabolic and cognitive health.

+2,7 M

participants in Europe, the United States and Asia

-15%

risk of cardiovascular disease

-23%

mortality from cardiovascular disease

-62%

risk of breast cancer in postmenopausal women

Alzheimer

lower risk of dementia-related mortality

Diabetes

lower risk of type 2 diabetes and no long-term increase in body weight

Health

Olive oil and olives are essential ingredients in healthy eating patterns such as the Mediterranean diet, declared Intangible Cultural Heritage of Humanity by UNESCO in 2010.

Rich in monounsaturated fatty acids and natural antioxidants, virgin olive oil has anti-inflammatory and protective effects against multiple diseases, positioning it as a key tool for public health.

General scientific evidence

- More than 1,000 scientific studies published in the last 20 years demonstrate the relationship between olive oil—especially extra virgin olive oil—and better cardiovascular, metabolic and cognitive health.
- The most relevant published studies include research in the US, Europe and Asia, covering populations of more than 2.7 million participants.

Cardiovascular disease

- A meta-analysis of 30 prospective studies (2,710,351 participants) has confirmed that higher olive oil consumption is associated with a significant reduction in cardiovascular risk and mortality:
    - -15% lower risk of cardiovascular disease (RR: 0.85; 95% CI: 0.77–0.93)
    - -15% lower risk of ischaemic heart disease (RR: 0.85; 95% CI: 0.72–0.99)
    - -23% lower risk of cardiovascular disease mortality (RR: 0.77; 95% CI: 0.67–0.88)
    - -15% lower risk of all-cause mortality (RR: 0.85; 95% CI: 0.81–0.89)
- The protection is greater with extra virgin olive oil (EVOO) thanks to its high concentration of polyphenols and antioxidants.

Source: PubMed ID 38568797 / 40907633

- The PREDIMED randomised controlled trial, the most important Spanish clinical trial on nutrition, showed that a Mediterranean diet enriched with extra virgin olive oil reduces the risk of serious cardiovascular disease by 30% and improves overall survival (N Engl J Med, 2018). It also demonstrated with the best scientific evidence that there was a lower risk of diabetes, the main cardiac arrhythmia (atrial fibrillation), and circulation problems in the legs (peripheral artery disease). In addition, it reduces the risk of breast cancer in menopausal women by 62%.

Cognitive impairment

- Recent studies (Tessier et al., JAMA Netw Open, 2024) show that regular consumption of olive oil is associated with a lower risk of dementia-related mortality.

Inflammation

- A combined analysis of 30 clinical trials (3,106 participants) confirms that olive oil consumption has significant anti-inflammatory effects:
    - C-reactive protein: ↓ 0.64 mg/L (95% CI: -0.96 to -0.31; $p < 0.0001$)
    - Interleukin-6: ↓ 0.29 units (95% CI: -0.7 to -0.02; $p < 0.04$)
- These effects confirm its role as a functional food that helps reduce systemic inflammation and prevent chronic diseases.

Source: PubMed ID 26378571

Diabetes and metabolism

- Regular consumption of olive oil is associated with a lower incidence of type 2 diabetes (Guasch-Ferré et al., Am J Clin Nutr, 2015).
- Longitudinal studies in the US (Am J Clin Nutr, 2025) confirm that higher olive oil consumption is not associated with long-term weight gain.

Among the most relevant studies are the following:

- **Martínez-González MA, et al.** *Effect of olive oil consumption on cardiovascular disease, cancer, type 2 diabetes, and all-cause mortality: A systematic review and meta-analysis. Clin Nutr.* 2022;41(12):2659-2682.
- **Ke Y, et al.** *Olive oil intake and cardiovascular disease, cancer, and all-cause mortality: a systematic review and dose-response meta-analysis of prospective cohort studies. Food Funct.* 2024;15(9):4668-4681.
- **Xia M, et al.** *Olive oil consumption and risk of cardiovascular disease and all-cause mortality: A meta-analysis of prospective cohort studies. Front Nutr.* 2022;9:1041203.
- **Guasch-Ferré M, et al.** *Changes in olive oil consumption and long-term body weight changes in three United States prospective cohort studies. Am J Clin Nutr.* 2025;121(5):1149-1156.
- **Tessier AJ, et al.** *Consumption of Olive Oil and Diet Quality and Risk of Dementia-Related Death. JAMA Netw Open.* 2024;7(5):e2410021.
- **Guasch-Ferré M, et al.** *Consumption of Olive Oil and Risk of Total and Cause-Specific Mortality Among U.S. Adults. J Am Coll Cardiol*. 2022;79(2):101-112.
- **Guasch-Ferré M, et al. Olive** *Oil Consumption and Cardiovascular Risk in U.S. Adults. J Am Coll Cardiol*. 2020;75(15):1729-1739.

- **Toledo E, et al.** *Mediterranean Diet and Invasive Breast Cancer Risk Among Women at High Cardiovascular Risk in the PREDIMED Trial: A Randomised Clinical Trial. JAMA Intern Med.* 2015 Nov;175(11):1752-1760.

- **Estruch R, et al.** *Primary Prevention of Cardiovascular Disease with a Mediterranean Diet Supplemented with Extra-Virgin Olive Oil or Nuts. N Engl J Med.* 2018;378(25):e34.

- **Guasch-Ferré M, et al.** *Olive oil consumption and risk of type 2 diabetes in US women. Am J Clin Nutr. 2015*;102(2):479-486.

- **Martínez-González MÁ, et al.** *Extravirgin olive oil consumption reduces risk of atrial fibrillation: the PREDIMED (Prevention with Mediterranean Diet) trial. Circulation.* 2014;130(1):18-26.

- **López-Miranda J, et al.** *Olive oil and health: summary of the II International Conference on Olive Oil and Health consensus report, Jaén and Córdoba (Spain) 2008. Nutr Metab Cardiovasc Dis.* 2010;20(4):284-294.

11 M

hectares of cultivated forest worldwide capable of absorbing around 4.5 tonnes of CO_2/Ha/year from the atmosphere.

Carbon Footprint Project

600
registered farms

29
participating countries

400,000
hectares

Genetic heritage of the olive tree

1,800
olive varieties preserved in germplasm banks

8
officially recognised *ex situ* collections

Sustainability

Olive groves help reduce the concentration of greenhouse gases and slow global warming due to their ability to absorb CO_2 from the atmosphere and store it in a stable and lasting way.

Olive groves represent more than 11 million hectares of cultivated forest that contribute to the health of the planet. This environmental potential, combined with the need to manage natural resources efficiently—especially water—reinforces the importance of promoting technical and scientific cooperation between olive oil and table olive producing countries.

That is why the International Olive Council is promoting the Carbon Balance Project, an initiative to measure and optimise the carbon absorption capacity of olive groves through sustainable agronomic practices. The digital tool, already in operation in a pilot phase, is incorporating data from more than 600 registered farms, equivalent to 400,000 hectares spread across 29 countries.

Based on this platform, the IOC aims to develop a voluntary carbon credit certification scheme, within the framework of the EU CRCF Regulation and applicable to the rest of producing countries, with the aim of becoming the international benchmark for the environmental assessment of olive cultivation and the key to many farmers' entry into voluntary carbon markets.

Studies carried out to date indicate that olive groves from the five continents are capable of absorbing around 4.5 tonnes of CO_2/Ha/year from the atmosphere, storing it stably and permanently in their vegetative structure and soil.

Preserving biodiversity

Since 1994, the IOC has coordinated a network of germplasm banks that now brings together more than 1,800 olive varieties in eight ex-situ international collections (Spain, Italy, Morocco, Türkiye, Argentina, Israel, Iran and Greece) that have been recognised by the IOC.

These banks act as veritable living reservoirs of olive genetic biodiversity, guaranteeing the protection of the olive's genetic heritage through living plants and seeds, thus ensuring the future of this ancient crop that has now spread to all five continents.

With this objective in mind, the IOC, together with the Ministry of Agriculture, Fisheries and Food and the University of Córdoba (UCO), is preparing for next year the first deposit of olive genetic material in the Svalbard Global Seed Vault. Known as the Doomsday Vault, it fulfils a humanitarian mission and forms part of the international system for the conservation of plant genetic diversity, under the auspices of the Food and Agriculture Organisation of the United Nations (FAO). It helps to protect one of the oldest species on the planet from any disaster or the extreme effects of climate change that could lead to the mass disappearance of olive groves.

Resources and training for the sector

Knowledge transfer is also essential to promoting sustainable development in the sector, one of the key objectives of this intergovernmental organisation as set out in its convention. In line with this work, a digital update of the World Catalogue of Olive Varieties has recently been presented. This is a freely accessible scientific tool that brings together detailed information on the most representative olive varieties (*Olea europea*) worldwide.

More than 90 authors and experts from leading universities and research institutions dedicated to the study of olive trees are participating in this project. It currently has an indexed and geolocated search engine for content via an interactive map, and in the coming months, the catalogue will incorporate more than 400 additional variety files, be translated into the other official languages of the IOC (French, Italian, Arabic) and incorporate artificial intelligence tools.

Press contact

The IOC Executive Secretariat is available to provide all member countries and observers with information on the olive sector and the activities carried out by the organisation.

Please visit the IOC website (www.internationaloliveoil.org) and contact iooc@internationaloliveoil.org and comms@internationaloliveoil.org. You can also follow all the latest news from the IOC on LinkedIn (internationalolivecouncil) and X (iocolivenews).

Help us spread the word about the collaboration between the IOC and the olive sector in your country by contacting your national media.