Study on the composition and quality of several sicilian EVOOs (harvesting year 2015)

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Extra virgin olive oil (EVOO) is one of the most representative food of the Mediterranean diet for its high nutritional value and beneficial effects on human health due to the presence of fatty acids and minor components. In this study, the content in fatty acids, sterols, triterpenic dialcohols and squalene was analyzed in several EVOOs of different Sicilian varieties, produced during harvesting year 2015. The results showed that the quantitative composition in fatty acids of EVOO samples was in accordance with European Union legislation. Instead, the total sterol content was above the limit (≥ 1000 mg/kg), except for seven samples belonging to *Nocellara del Belice* and *Verdello* varieties, from different areas of Sicily. Therefore, the control of these components is important to guarantee the composition and nutritional values of EVOOs and particularly to confirm the quality of local oleic production.

Keywords: EVOO, fatty acids, phytosterols, triterpenic dialcohols, squalene

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