

Just in Time for National Nutrition Month, Pompeian® Inc. Announces That Nine of Its Olive Oil Products Have Been Certified Heart-Healthy by the American Heart Association

The Certification Can Help Spread the Word That Olive Oil, When Combined with a Balance Diet, Is a Heart-Healthy Food That May Help Reduce the Risk of Coronary Heart Disease Thanks to its Monounsaturated Fat

BALTIMORE, March 17, 2021 - Pompeian, Inc. – The Olive Oil People – announced that nine of its celebrated olive oil products have been certified by the American Heart Association as meeting the criteria for heart-healthy foods through its Heart-Check Food Certification Program. The certification comes just in time for National Nutrition month, a moment when everyone is encouraged to learn more about making informed food choices and developing healthier habits. This mark is so much more than a badge of honor: It's a nod to the fact that olive oil, rich in monounsaturated fats, is a heart-healthy food. When enjoyed as part of a balanced diet, evidence shows that consuming about 2 tablespoons (23 grams) of olive oil daily, in place of other saturated fats, while not increasing total calorie consumption may reduce the risk of coronary heart disease thanks to olive oil's monounsaturated fats.

"We are thrilled and honored that the American Heart Association is recognizing Pompeian's mission to help people Eat and Live Well by certifying a variety of our olive oil products as a heart healthy food," says Mouna Aissaoui, Executive Vice President and Chief Operating Officer of Pompeian. "We hope this development inspires even more people to enjoy at least two tablespoons of olive oil every day so they can start reaping the benefits!"

The certification comes on the heels of the USDA releasing its new [Dietary Guidelines for Americans \(2020 – 2025\)](#), which strongly recommends that people "limit saturated fat to less than 10 percent of calories per day" starting at the age of two. Fortunately, olive oil provides an incredibly easy way to phase out saturated fat in lieu of a healthier option (that's no less delicious).

"Incorporating olive oil into your diet every day is a simple and incredibly powerful step you can take to protect your heart," says Kate Geagan, an award-winning dietitian, author, sustainable food expert and consultant to Pompeian. "Olive oil is an ingredient that offers such a wealth of health benefits and it's exciting to think of how this certification by the American Heart Association will help even more consumers discover the benefits of a diet rich in olive oil, one of the world's healthiest fats."

The certified products include nine of the brand's most popular varieties:

- Pompeian Smooth Extra Virgin Olive Oil
- Pompeian Robust Extra Virgin Olive Oil
- Pompeian Gourmet Selection Extra Virgin Olive Oil
- Pompeian Bold Extra Virgin Olive Oil
- Pompeian Organic Robust Extra Virgin Olive Oil
- Pompeian Organic Smooth Extra Virgin Olive Oil

- Pompeian Light Taste Olive Oil
- Pompeian Mild Taste Olive Oil
- Pompeian Rich Taste Olive Oil

For more information on Pompeian products and its mission to help people Eat and Live Well, visit www.Pompeian.com. You can also visit www.heartcheck.org for more information on heart-healthy living, to learn more about American Heart Association's Food Certification Program or to view a list of currently certified products.

About Pompeian, Inc.

Pompeian, Inc. – The Olive Oil People - is America's largest national brand of olive oil, best-selling vinegars and a variety of cooking sprays. Farmer owned and Baltimore based since 1906, Pompeian is a family of olive farmers and olive oil craftsmen whose passion, expertise and dedication bring the best-tasting, highest-quality olive oils to kitchens everywhere. Upholding the highest quality standards, Pompeian conducts daily testing through their in-house quality assurance team in the state-of-the-art Pompeian Quality Control and Research & Development Center ensuring each bottle is always at peak freshness. Inspired by heritage and tradition, Pompeian products are rooted in authenticity and crafted for quality and great taste.