Olive Oil World Congress
Taste it, enjoy, it´s olive oil

READ
Research Expertise from the Academic Diaspora

OLIVISION

OLIVISION: UPGRADING OLIVE SECTOR AND OIL QUALITY IN ALBANIA THROUGH RESEARCH, EDUCATION AND COLLABORATION

UNIVERSIDAD DE CÓRDOBA

Albanian-American Development Foundation

iie

UNIVERSITETI BUJQËSOR I TIRANËS
AGRICULTURAL UNIVERSITY OF TIRANA

The Lisbon Manifesto Drives an Unprecedented Alliance for EVOO and Health

- **More than 60 organisations from 18 countries, including universities, research centres, farmers' organisations, industry associations, sector bodies and two ministries, have already signed the Lisbon Manifesto, launched following the Olive Oil World Congress 2026**

- **The document brings together the scientific consensus on the health benefits of extra virgin olive oil and seeks to carry this evidence into public policy and society at large, with an international scope**

Madrid, 15 September 2026.- ***This Manifesto brings together the scientific consensus on the benefits of extra virgin olive oil for human health and calls on governments, international organisations and healthcare systems to integrate EVOO into their public health strategies for the prevention of chronic non-communicable diseases.***

Extra virgin olive oil (EVOO) holds a central place in the **Mediterranean diet**, one of the dietary patterns with the strongest scientific support for the prevention of non-communicable chronic diseases. The **PREDIMED study** linked a Mediterranean diet enriched with EVOO to a **reduction of approximately 30% in the risk of heart attack, stroke and cardiovascular death**. In addition, **EFSA** recognises that olive oil polyphenols contribute to the **protection of LDL cholesterol from oxidative damage**. This evidence is complemented by its characteristic phenolic compounds, such as **oleocanthal** and **oleacein**, which have been studied for their **anti-inflammatory and antioxidant properties**. Research has also linked EVOO consumption to a **lower risk of certain types of cancer and type 2 diabetes**, and points to a **potential neuroprotective effect**, always within a balanced diet and in line with recommended fat intake.

These are some of the health benefits set out in the **Lisbon Manifesto, "Extra Virgin Olive Oil: Scientific Evidence for Global Health"**. The document calls for EVOO to be given a **preferred place among the sources of fat in a balanced diet**, in line with the available scientific evidence. Launched following the **Olive Oil World Congress 2026**, the Manifesto has already been endorsed by **more than 60 organisations from 18 countries across four continents**. A new phase is now beginning: **moving from evidence to commitment, and from commitment to action**, so that scientific knowledge about EVOO carries greater weight in health and food-related decisions and policies.

The signatories include **universities and research centres, institutions specialising in nutrition and health, farmers' organisations, industry associations** and other bodies linked to the olive oil sector from **Spain, Italy, France, Portugal, Brazil, Croatia and Tunisia**, as well as **government representatives from Algeria and Pakistan**. Although most come from the Mediterranean basin, support also extends to **Germany, the Netherlands, the United States, Uruguay and Iran**. This reflects the **international character** of an initiative that seeks to position EVOO as a food of relevance to health beyond the countries traditionally associated with its production and consumption.

According to **Raúl Compés, Chair of the Organising Committee of the Olive Oil World Congress**, "the Lisbon Manifesto is a milestone in the history of collaboration between science, institutions and businesses in the agrifood system. The scientific consensus on the beneficial properties of EVOO for human health and nutrition is the foundation on which private strategies and public policies in this sector should be built. Building on this shared evidence, the outlook for olive oil production worldwide receives a major boost."

From manifesto to action

The signatories are committed to **taking the document to the national level**: each organisation will present it to **its government, its health system and the relevant authorities** in its country, as well as to international bodies, with the aim of promoting a **coordinated position** across the territories represented. As the promotor of the initiative, the Olive Oil World Congress will formally submit the Manifesto to the **World Health Organization (WHO)**, the **Food and Agriculture Organization of the United Nations (FAO)** and the **Pan American Health Organization (PAHO)**. The Manifesto calls on these bodies to **officially recognise EVOO as a functional food of importance for global public health**. The signatories also champion the Mediterranean diet as a **healthy, sustainable and accessible dietary model**.

This institutional commitment also translates into concrete actions. In the area of **food policy**, member organisations will advocate for the **revision of national and international dietary guidelines** to include **specific, quantified recommendations for EVOO consumption**, always within total fat intake limits. They will also work with public authorities to promote its presence in **hospitals, care homes, school canteens and primary care centres**. In **research and training**, they will push for **greater funding for high-quality studies** on neuroprotection, cancer prevention, metabolic health and healthy longevity, as well as **training for doctors, nurses, dietitians, nutritionists and pharmacists** on the benefits of EVOO and the quality criteria on which those benefits depend.

The action likewise extends to **quality and information**. The signatories will support **control, authenticity and traceability mechanisms** to ensure that the oil retains its bioactive compounds, with particular attention to **polyphenol content**. They will promote **rigorous, evidence-based communication**, including **polyphenol information on labelling**. In addition, they will present EVOO as a **"fat of choice"** that can be adapted to any culinary tradition and will help **combat misinformation about dietary fats**. Finally, the document provides for **stronger cooperation** between research centres, universities and public health bodies, as well as among the signatory organisations themselves.

The **Lisbon Manifesto remains open to new endorsements** and can be consulted at this link. The second edition of the Olive Oil World Congress thus leaves behind a **shared roadmap to strengthen the role of EVOO in food and health policy**.

About the OOWC

The Olive Oil World Congress is a biennial forum that brings together the world's leading experts in each field, generating knowledge and driving innovation across every link of the olive oil value chain. Its second edition, held in Lisbon in July 2026, has established the OOWC as the leading global meeting point for the olive oil sector. More information at: www.oliveoilworldcongress.com.

LISBON MANIFESTO
OF THE OLIVE OIL WORLD CONGRESS

"Extra Virgin Olive Oil:
Scientific Evidence for Global Health"

This Manifesto brings together the scientific consensus on the benefits of extra virgin olive oil for human health and nutrition and calls on governments, international organisations and healthcare systems to integrate EVOO into their public health strategies for the prevention of chronic non-communicable diseases.

Olive Oil World Congress — Lisbon, 2 and 3 July, 2026

PREAMBLE

Within the framework of the Olive Oil World Congress, held in Lisbon on 2 and 3 July 2026, representatives from across the global olive oil sector hereby endorse this Manifesto.

This Manifesto seeks to consolidate the scientific consensus on the health benefits of extra virgin olive oil (EVOO), encourage the adoption of evidence-based public policies and promote the consumption of EVOO as a means of improving public health worldwide.

Recalling that:

- **Extra virgin olive oil** is a cornerstone of the Mediterranean diet, which was inscribed on UNESCO's Representative List of the Intangible Cultural Heritage of Humanity in 2010 and is among the dietary patterns most strongly supported by scientific evidence for the prevention of chronic non-communicable diseases;
- The olive tree (*Olea europaea*) embodies more than six thousand years of history, culture and medicine in the Mediterranean basin, and its therapeutic uses have been documented across numerous civilisations since antiquity;
- The International Olive Council (IOC), the European Food Safety Authority (EFSA) and the United States Food and Drug Administration (FDA) have formally acknowledged the nutritional and cardiovascular health benefits associated with olive oil;
- The Olive Oil World Congress brings together leading researchers, health professionals and stakeholders across the global olive oil sector, united by the shared goal of strengthening the relationship between scientific research, human health and olive oil production.

Recognising that:

- Decades of rigorous scientific research, including the PREDIMED study— the largest clinical trial ever conducted on the Mediterranean diet and cardiovascular health, involving more than 7,000 participants followed for nearly five years—have shown that a Mediterranean dietary pattern enriched with extra virgin olive oil can reduce the risk of major cardiovascular events by approximately 30% compared with a control diet;
- Extra virgin olive oil is a particularly rich dietary source of oleic acid—a monounsaturated fatty acid with well-established cardioprotective effects—as well as of biologically active compounds, including the polyphenols oleocanthal, oleuropein and hydroxytyrosol, whose anti-inflammatory, antioxidant and neuroprotective properties are supported by a growing body of scientific evidence;
- Oleocanthal, a phenolic compound characteristic of extra virgin olive oil, has been shown in laboratory studies to act on the same inflammatory pathways as ibuprofen—an analogy based on mechanism rather than therapeutic effect—and may therefore contribute to preventing chronic diseases associated with systemic inflammation, a major cause of morbidity and mortality worldwide;
- A substantial body of scientific research associates EVOO consumption with a lower risk of breast, colorectal and prostate cancer. Proposed mechanisms, based largely on experimental and observational studies, include the induction of cellular apoptosis, the inhibition of tumour angiogenesis and the protection of DNA against oxidative damage;
- Regular EVOO consumption may help to improve insulin sensitivity, lower fasting blood glucose levels and reduce the risk of type 2 diabetes and metabolic syndrome, conditions that affect more than 500 million people worldwide and place an immense burden on healthcare systems;
- The latest scientific evidence, presented at the Sixth International Congress on Olive Oils and Health, held in Jaén in June 2026 and co-organized by the Universities of Jaén and Navarra and the Harvard T.H. Chan School of Public Health, highlights the significant neuroprotective potential of EVOO and its possible role in preventing cognitive decline, Alzheimer's disease and other neurodegenerative conditions;
- The EFSA has officially recognised that olive oil polyphenols help protect LDL cholesterol particles from oxidative damage, a key process in the development of atherosclerosis and cardiovascular disease. The geographical divide between olive oil-producing countries and regions bearing the greatest burden of chronic non-communicable diseases presents both a major public health challenge and an opportunity to extend the documented health benefits of extra virgin olive oil to populations worldwide.

Affirming that:

- The available scientific evidence supports the inclusion of extra virgin olive oil in national and international dietary guidelines as the preferred source of healthy fat for the general population;
- Promoting EVOO consumption is not merely a sectoral objective, but a public health priority with the potential to make a direct and measurable contribution to reducing mortality from cardiovascular, oncological and neurodegenerative conditions;
- Cooperation between the olive oil sector and the scientific community is essential to ensuring the quality, authenticity and traceability of the olive oil supplied to consumers—prerequisites for maximizing its potential health benefits;
- Current scientific evidence identifies EVOO as one of the healthiest sources of dietary fat. Its consumption should nevertheless remain within the recommended daily limits

for total daily fat intake. EVOO should therefore be promoted as the preferred source

of fat within a balanced diet that complies with internationally established macronutrient guidelines.

WE HEREBY DECLARE

1. EVOO as a functional food for cardiovascular health

The signatories recognise and endorse the substantial body of scientific evidence supporting the regular consumption of extra virgin olive oil as part of a dietary strategy to prevent cardiovascular disease. The PREDIMED trial and its subsequent follow-up studies provide the most robust scientific basis currently available for recommending EVOO as the principal source of fat in a cardioprotective diet. A Mediterranean dietary pattern enriched with extra virgin olive oil has been associated with an approximately 30% reduction in the combined risk of stroke, myocardial infarction and cardiovascular death compared with a control diet. This finding relates to the dietary pattern as a whole rather than to EVOO considered in isolation.

The signatories undertake to promote the inclusion of this evidence in cardiovascular health strategies worldwide and to encourage the recognition of EVOO as an integral component of evidence-based approaches to cardiovascular disease prevention and management.

2. EVOO polyphenols: beyond its fatty acid profile

The signatories emphasise that the health benefits of extra virgin olive oil extend beyond its fatty acid composition. The polyphenols found in EVOO—including oleocanthal, oleuropein and hydroxytyrosol—contribute to its potent anti-inflammatory and antioxidant properties, complementing and potentially enhancing the cardioprotective effects of oleic acid.

The signatories call for further research into the mechanisms of action of these compounds, the development of standardised analytical methods for quantifying them and the inclusion of polyphenol content information on olive oil labels, thereby enabling consumers to make better-informed dietary choices. Oleocanthal acts as a natural anti-inflammatory through mechanisms shown in laboratory studies to resemble those of ibuprofen. This comparison relates solely to its mechanism of action and does not imply an equivalent therapeutic effect. Regular consumption of oleocanthal-rich EVOO as part of a Mediterranean dietary pattern may contribute to reducing the risk of chronic inflammation-related conditions, including arthritis, cardiovascular disease and certain cancers.

3. EVOO and cancer prevention

The signatories recognise the growing body of scientific evidence associating the regular consumption of extra virgin olive oil with a lower risk of certain cancers, particularly breast, colorectal and prostate cancer. This evidence is derived predominantly from observational and mechanistic studies. The proposed mechanisms, which remain under investigation, include epigenetic modulation, the induction of apoptosis, the inhibition of tumour growth and protection against oxidative damage caused by free radicals.

National and international public health bodies are called upon to consider the role of EVOO in primary cancer prevention strategies. The scientific community is also urged to continue investigating the underlying biological mechanisms through molecular biology, nutritional epidemiology and precision medicine.

4. EVOO, metabolic health and diabetes prevention

The signatories recognise the potential role of extra virgin olive oil in improving glycaemic control, reducing insulin resistance and helping prevent type 2 diabetes and metabolic syndrome. Clinical and epidemiological studies indicate that regular EVOO consumption may improve glycaemic profiles, reduce the low-grade inflammation associated with obesity and enhance peripheral insulin sensitivity.

Against the backdrop of the global epidemics of obesity and diabetes—with diabetes alone affecting more than 500 million people worldwide—the signatories consider it a priority to incorporate EVOO into evidence-based strategies for the prevention and management of metabolic disorders and to actively promote its consumption among populations at risk.

5. EVOO and neurological health: a new research frontier

The signatories recognise the emerging and promising role of extra virgin olive oil in supporting brain health and potentially helping prevent age-related cognitive decline. Recent scientific evidence suggests that the bioactive compounds of EVOO—particularly oleocanthal—may help reduce the accumulation of amyloid and tau proteins in the brain, both of which play a central role in the pathogenesis of Alzheimer's disease.

The signatories express their strong support for further research into the potential role of EVOO in preventing dementia and other neurodegenerative diseases. They call upon the international scientific—particularly researchers in neurology, geriatrics and nutritional epidemiology—to intensify its efforts in this strategically important field.

6. The Mediterranean diet with EVOO as a global health heritage

The signatories reaffirm that extra virgin olive oil is a cornerstone of the Mediterranean diet—the dietary pattern with the strongest body of scientific evidence supporting its role in preventing chronic non-communicable diseases. They call on international health organisations, including the WHO, FAO and PAHO, to formally recognise EVOO as a functional food of significance to global public health.

They further advocate the Mediterranean diet as a healthy, sustainable and accessible dietary model that can be adapted to the diverse culinary cultures worldwide, thereby contributing simultaneously to human nutrition, health, environmental sustainability and the development of rural communities in olive oil-producing regions.

Although rooted in the Mediterranean diet, the health benefits of extra virgin olive oil are not confined to Mediterranean cultures. Dietary fats are present in every culinary tradition and are subject to recommended minimum and maximum intake levels. Choosing EVOO as "the fat of choice" enables people worldwide to incorporate its cardioprotective and anti-inflammatory properties—and its potential neuroprotective benefits—into their diets without imposing cultural barriers or restricting its use to Mediterranean contexts.

COMMITMENTS AND CALL TO ACTION

The signatories to this Lisbon Manifesto commit to working together in a coordinated and sustained manner to advance the following actions:

- **Update dietary guidelines.** Advocate the revision of national and international dietary guidelines to include specific, quantified recommendations on extra virgin olive oil consumption and recognise EVOO as a preferred source of healthy dietary fat.

- **Fund scientific research.** Promote increased funding for high-quality research into the effects of EVOO on human health, particularly in the fields of neuroprotection, cancer prevention, metabolic health and healthy longevity.
- **Train healthcare professionals.** Promote nutrition education and training for doctors, nurses, dietitians, nutritionists and pharmacists on the health benefits of EVOO and

the quality criteria that influence its preventive and health-promoting potential.

- **Ensure quality, authenticity and traceability.** Support the development of robust control and traceability mechanisms to ensure that the olive oil supplied to consumers retains the bioactive compounds associated with its health benefits, with particular attention to polyphenol content.
- **Integrate EVOO into health and care settings.** Collaborate with public authorities to develop policies promoting EVOO consumption in hospitals, care homes, school canteens and primary care centres as an affordable, high-impact measure for supporting public health and disease prevention.
- **Advance international cooperation.** Strengthen collaboration among research centres, universities and public health bodies to accelerate the translation of scientific knowledge about EVOO into clinical practice, nutrition policies and chronic disease prevention strategies.
- **Improve consumer communication.** Develop rigorous, accessible and evidence-based communication and public awareness campaigns, ensuring that consumers have ready access to clear and comprehensible information through all appropriate channels, including product labelling.
- **Develop inclusive communication strategies.** Overcome cultural and geographical barriers by presenting EVOO as an accessible, adaptable and evidence-supported source of healthy fat. Public messaging should emphasise that EVOO can enhance dietary patterns from any culinary tradition, thereby supporting its recognition as a food of relevance to global health.
- **Combat misinformation.** Actively counter misinformation about dietary fats and olive oil by promoting public access to reliable scientific evidence and challenging unsubstantiated claims that may undermine public health or misrepresent the benefits of EVOO.
- **Strengthen cooperation among signatories.** Foster collaboration among the organisations endorsing this Manifesto and those that may join it in the future, particularly in scientific research and the effective dissemination of its findings.

JOINT MANIFESTO

Representatives of scientific and healthcare institutions, together with organisations across the global olive oil sector, have come together to issue this Joint Manifesto, expressly endorsing the recognition of extra virgin olive oil as a food of exceptional value to human health, supported by decades of rigorous scientific research.

The signatories commit to working in a coordinated manner to ensure that the scientific evidence on EVOO is translated into effective public health policies worldwide and that extra virgin olive oil is recognised, promoted and made accessible as a means of supporting disease prevention, health and well-being for people across the globe.

INSTITUTIONAL COMMITMENTS

Each signatory undertakes to present this Manifesto to their respective governments, health systems, international organisations and competent authorities, with a view to promoting public policies and collaborative strategies that recognise EVOO as a valuable public health resource and facilitate its integration into healthcare systems and chronic disease prevention programmes.

The signatories further undertake to contribute to building an international scientific consensus on the value of extra virgin olive oil for human health and nutrition and to uphold quality,

authenticity and research as the cornerstones of an olive oil value chain committed to health and well-being worldwide.

September 2026

Olive Oil World Congress

17156974D RAUL COMPES (R: N0011376A) Firmado digitalmente por 17156974D RAUL COMPES (R: N0011376A) Fecha: 2026.09.11 18:28:26 +02'00'

Congress President

General Coordinator

Scientific note: *This Manifesto is grounded in the available scientific evidence, including findings from the PREDIMED and PREDIMED-Plus studies, research presented at the Sixth International Congress on Olive Oils and Health (Jaén, 2026), reports issued by the International Olive Council, scientific opinions and communications published by the European Food Safety Authority (EFSA) and evidence-based nutrition research conducted by the Universities of Jaén and Navarra and the Harvard T.H. Chan School of Public Health.*

The Lisbon Manifesto remains open for endorsement. Any organisation that shares its principles may sign up to it, and the list of signatory organisations shown below is therefore updated on a regular basis.

For more information and to consult the organisations that have endorsed the Lisbon Manifesto:

https://www.oliveoilworldcongress.com/lisbon-manifesto

SIGNATORY ORGANIZATIONS

actelgrup — Spain

ADSAICA — Portugal

AgriFood comunicación — Spain

Almazara Ecológica de Encinasola — 100% Organic — Spain

ANIERAC — Asociación Nacional de Industriales Envasadores y Refinadores de Aceites Comestibles — Spain

Anita Zachou — The Olive Oil Connoisseur — Greece

APOAC — Portugal

arteFakt — Germany

ASOLUR — Asociación Olivícola Uruguaya — Uruguay

ASSITOL — Associazione Italiana dell'Industria Olearia — Italy

ASSOLIVE — Brazil

BENESANO — Products based on the olive tree — Netherlands

CAP 50 anos — Agricultores de Portugal — Portugal

Cátedra D Gastronomía Mediterránea — Universidad de Córdoba — Spain

CIHEAM Zaragoza — Spain

CITOLIVA — Spain

Centro Nacional de Competências para as Alterações Climáticas do Sector Agroflorestal — Portugal

Confagricoltura — Italy

CUOR D'VERDE — Italy

Darmmess — Early harvest premium extra virgin olive oil — Huile d'olive vierge extra — High phenolic — Lebanon

Dazeite — Olive oil business — Portugal

d'O — Oli de Mallorca — Denominació d'origen — Spain

Društvo Maslinara Bar — Montenegro

ENOMAQ — Spain

EPAMIG — Pesquisa Agropecuária — Brazil

Zeez — Estación Experimental del Zaidín — Spain

ETSIAM — Universidad de Córdoba — Spain

euroconsumers — Empower people, improve the market. — Belgium

EVA-SEAL.ORG — Extra Virgin Alliance — Specialty — United States

Extra Virgin Solutions — Trust & Expertise — Spain

Fundación Española del Corazón — Spain

FEDEROLIO — Federazione Nazionale del Commercio Olearia — Italy

For more information and to consult the organisations that have endorsed the Lisbon Manifesto: **https://www.oliveoilworldcongress.com/lisbon-manifesto**

FEN — Spain

FINUT Fundación Iberoamericana de Nutrición — Spain

FRANCE Olive — France

FUDS Farmer's Union for Development & Sustainability — Tunisia

Fundación del Olivar Base de la Dieta Mediterránea — Spain

Fundación Patrimonio Comunal Olivarero — Spain

Pakistan

HPK — Croatia

huum xyym — Bosnia and Herzegovina

IBRAOLIVA Instituto Brasileiro de Olivicultura — Brazil

inct institutos nacionais de ciência e tecnologia — Brazil

Oliva e Azeite Brasileiros — Brazil

InovTechAgro — Portugal

Institut za poljoprivredu i turizam — Croatia

Instituto Alimentación y Sociedad, Universidad CEU San Pablo — Spain

inter Oleo Group — Spain

Jahangir TVTC (Olive School) — Iran

Loralai Olives — Pakistan

Mérieux NutriSciences — Portugal

North American Olive Oil Association NAOOA — United States

Olea Conseils — Tunisia

Oleaphen — Cyprus

Oleo — Spain

OlieOlie — United States

Olisano Portugal — Portugal

Olive Health Institute — Netherlands

Olivedos do Carso — Portugal

Olivérica — Spain

olivogestão — Portugal

Olivum — Associação de Olivicultores e Lagares de Portugal — Portugal

Pak Olive — A Project of Government of Pakistan — Pakistan

Passeite — Portugal

For more information and to consult the organisations that have endorsed the Lisbon Manifesto: **https://www.oliveoilworldcongress.com/lisbon-manifesto**

Quinta do Juncal — Portugal

SBNPE BRASPEN — Brazil

Sectorial Nacional del AOV con Denominación de Origen — Spain

SEMERGEN Sociedad Española de Médicos de Atención Primaria — Spain

SEMG Sociedad Española de Médicos Generales y de Familia — Spain

SEÑ Sociedad Española de Nutrición — Spain

SENC Sociedad Española Nutricion Comunitaria — Spain

SEVITEL Association of Greek Industries and Packers of Olive Oil — Greece

1951 UBT — Albania

Udruga Dalmatinskih Uljara — Croatia

UFCSPA Universidade Federal de Ciências da Saúde de Porto Alegre — Brazil

Universidade Federal de Lavras — Brazil

Universidade Federal de Pelotas RS-Brasil — Brazil

Universidad de Navarra — Spain

Universidade Politécnica Portalegre / Portalegre Polytechnic University — Portugal

UPA Unión de Pequeños Agricultores y Ganaderos — Spain

Valdes Armas Longevity — United States

Women In Olive Oil — International

XFARM — Italy

Zagrebački maslinarski institut — Zagreb Olive Institute — Croatia

Zangaria Azeite Virgem Extra — Portugal

zeytindostu Derneği — Türkiye

ZRS — Slovenia

For more information and to consult the organisations that have endorsed the Lisbon Manifesto: **https://www.oliveoilworldcongress.com/lisbon-manifesto**