

## **The $\omega$ 3- $\omega$ 6 fatty acids ratio in Single Cultivar Olive Oils from the South of Italy**

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In order to propose extra virgin olive oils characterised by a higher  $\omega$ 3-  $\omega$ 6 ratio, in the present work we report the results of an investigation aiming at assess the content of  $\alpha$ -Linolenic acid, Linoleic acid and Linoleic acid-Linolenic acid ratio in single cultivar olive oils of the main olive cultivars from six Italian Region. The virgin olive oils were produced in Apulia, Basilicata, Calabria, Campania, Sardinia and Sicily (Italy) from drupes harvested in 2005/2006 year. Handpicked olive drupes the day after were crushed with a hammer mill and the oil was obtained by continuous centrifugation process after 20 min of malaxation at room temperature. Fatty acids methyl esters were determined according the Official methods of analysis stated by the EU Regulations (Reg. CEE 2568/91, Reg. CE 796/2002, Reg. CE 1989/2003).

On the base of the average values obtained from single cultivar olive oils produced in the same technological conditions we can affirm that among the selected olive varieties the olive oils from cv Spinoso (Basilicata), Tondina (Calabria), Pennulara (Calabria) e Maiatica di Ferrandina (Basilicata) have the higher  $\omega$ 3- $\omega$ 6 ratio.