

## Olive Oil vs Vegetable Oil (vsdiff.com)

Attribute	Olive Oil	Vegetable Oil (generic)
Primary source	Olives (fruit)	Seeds or fruits (soybean, canola, sunflower, palm)
Typical fatty profile	High <i>monounsaturated</i> fats (oleic acid ~50-80%)	Higher <i>polyunsaturated</i> or mixed fats (varies by oil)
Typical smoke point	Approximately <b>160-210°C</b> (depends on refinement)	Approximately <b>160-230°C</b> (wide variation by type)
Flavor	<i>Distinct, grassy to peppery</i> (extra virgin)	Often <b>neutral</b> (refined) or <i>mild</i> (sunflower, canola)
Typical uses	Dressings, low-medium heat cooking, finishing	High-heat frying, baking, industrial food production
Antioxidants	Relatively high <b>polyphenols</b> in extra virgin	Variable <i>tocopherols</i> (vitamin E); lower polyphenols if refined
Regulatory cues	Designations: <a href="#">extra virgin</a> , virgin, refined	Often labeled by botanical source; hydrogenation history matters

Source: <https://vsdiff.com/olive-oil-vs-vegetable-oil/>