



DIANTHA

Elevate Your Culinary Experience
with **Diantha Oils**





DIANTHA: “A Taste Experience That Embraces Two Worlds”

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Before us lies a table set with dishes from both European and Asian cuisines, a true journey through flavors and cultures. Each dish represents the essence of the culinary traditions of these two great regions, coming together in perfect harmony.

This is where DIANTHA comes in: our line of premium oils, designed to enhance the unique qualities of every cuisine, from the Mediterranean to the Orient.

Our selection of oils — from olive oil, with its fruity notes evoking the warmth of southern Italy, to avocado oil and pumpkin seed oil, which add richness and depth to more delicate Asian dishes — is created to bring together culinary traditions of different countries and culinary traditions of different countries.

- **Pumpkin Seed oil:** With its rich flavour and main use cold, it is often proposed to dress salads, especially with vegetables like beets or potato-based dishes. It is also used in dishes with grains like buckwheat or in cabbage-based dishes.
- **Avocado Oil:** Known for its mild, buttery flavour and medium smoke point, avocado oil is ideal for both cooking and raw applications. It complements a range of dishes from vibrant salads, and its smooth texture makes it a versatile addition to various cuisines.
- **Avocado Oil, mild:** Known for its mild, buttery flavor and high smoke point, refined avocado oil is ideal for both cooking and raw applications. It complements a range of dishes from vibrant salads to stir-fries, and its smooth texture makes it a versatile addition to various cuisines.
- **Extra Virgin Olive Oil:** Perfect for enriching Mediterranean flavours and bringing balance to dishes like salads, fish, and pasta. It is also essential for creating world-renowned Italian specialties such as pesto, pizza seasoning, carbonara, amatriciana, and spaghetti aglio e olio. The use of extra virgin olive, cold extracted, oil in these iconic dishes highlights its importance in delivering authentic Italian flavours.
- **Grapeseed Oil, mild:** Its light texture makes it ideal for dressings and marinades, enhancing dishes without altering the flavours of other ingredients and is not suitable for deep frying



About our company:

Our production plant, situated in Brindisi (Apulia), with 25 years of experience in the edible oil sector, has built a solid reputation for producing high-quality products. Our team of experienced professionals ensures that every product meets strict quality standards. Over the years, we have successfully entered key European and Asian markets, including Hong Kong, Malaysia, Taiwan, South Korea, China, Vietnam, and Japan. Our company aims to become a trusted supplier of organic oils for its partners. We offer a diverse range of organic oils in various formats, including 100ml, 250ml, 500ml, 750ml, and 1-liter options. These products are ideal for retail shelves and allow for the combination of different oils under the same brand.



Certifications and Capabilities:

Our company holds the organic certification and the IFS certification; a mark of our commitment to high safety and quality standards. We operate four advanced filling machine lines, which provide flexibility in production and large-scale capacity to meet client demands.

Product Range:

- **Fruit Oils, Intense:** Extra Virgin Olive Oil, Avocado (also in **mild version**)
- **Seed Oils, Intense:** Pumpkin
- **Grapeseed Oil, mild:** High-quality, mechanically-pressed and purified





DIANTHA



*“Our team welcomes the opportunity
to help you discover and provide
high-quality oils
tailored to specific market needs”*

Presentation of THE line of our OILS:

EXTRA VIRGIN OLIVE OIL, intense, Italian

COLD EXTRACTED



Obtained from the cold (below 27° C) extraction of healthy olives, collected directly from the tree during the optimum period ripening.

Extra Virgin Olive Oil has a natural content of phenolic components and vitamin E which, when combined, are thought to be effective in blocking the possible damage done by free radicals. Consequently, slowing down the oxidation of cells which causes inflammation and the aging of the human body

Balanced and harmonious taste. Fruity, typical of the olives. Slight bitter oral/tactile sensation with a pleasant mild spicy aftertaste.

Suitable for both cooking and dressing of all kind of food.

SMOKE POINT: High = 210° C

Available sizes: 250mL, 500mL, 750mL, 1L



The difference between Italian extra virgin olive oil and oils from Spain, Greece, or other countries mainly lies in factors such as climate, soil, olive varieties, and production methods.

Italian Extra Virgin Olive Oil:

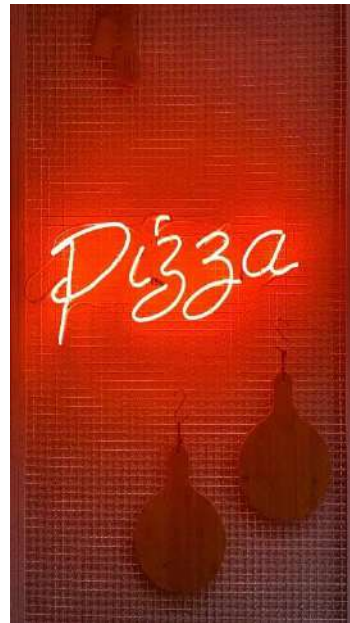
Varieties: Italy cultivates over 500 varieties of olives, making its oil very diverse in terms of flavour and characteristics. Some of the most well-known varieties include Ogliarola, Leccina, and Coratina.

Taste: Italian oil is generally fruity and well-balanced, with notes of fresh grass, tomato, almond, and sometimes a hint of bitterness and spiciness. The complexity of flavours varies from region to region, with oils from Tuscany tending to be more delicate, and those from southern Italy, like in Puglia, being more intense.

The main difference lies in the **terroir**—the combination of climatic, geological, and cultural factors—which significantly influences the flavour and quality of the oil. Italian oil is often seen as the most prestigious due to its aromatic complexity and variety.



Here are the 5 most internationally renowned Italian recipes to be dressed with olive oil



Bruschetta al Pomodoro

Description: One of the simplest and most famous recipes, bruschetta is made with toasted bread, rubbed with garlic, and topped with fresh tomatoes, basil, and extra virgin olive oil.

Why it's famous: It's a classic appetizer loved worldwide for its freshness and simplicity. Olive oil is the key ingredient that enhances the flavour of the tomatoes and herbs.

Pasta with Pesto Genovese

Description: A Ligurian dish made with pasta (typically trofie or linguine) dressed with fresh pesto made from basil, pine nuts, garlic, Parmesan, pecorino, and plenty of extra virgin olive oil.

Why it's famous: It's a beloved recipe internationally, with pesto pairing perfectly with various types of pasta, salads, or even as a spreadable sauce.

Caprese Salad

Description: Fresh tomatoes, buffalo mozzarella, and basil, all dressed with extra virgin olive oil and a pinch of salt.

Why it's famous: Caprese represents Italian cuisine at its best with its simple and fresh Mediterranean ingredients. Olive oil is essential here to balance the delicate flavour of the mozzarella and tomatoes.

Spaghetti sautéed with shrimp

Description: A delightful pasta dish featuring spaghetti sautéed with shrimp, garlic, white wine, chili flakes, and extra virgin olive oil.

Why it's famous: This seafood pasta is loved for its rich yet light flavour, combining the sweetness of the shrimp with the freshness of the olive oil, garlic, and a touch of heat.

Pizza Margherita

Description: The classic pizza with tomato, mozzarella, basil, and a drizzle of extra virgin olive oil before baking.

Why it's famous: Pizza Margherita is known and loved worldwide and is a symbol of Italian cuisine. Olive oil adds an authentic and rich touch to the dish.

AVOCADO OIL, INTENSE

COLD EXTRACTED



Obtained from the cold extraction of the pulp of the fruit *Persea Gratissima*.

Rich in oleic acid, it contains a high percentage of vitamin E, vitamin A and phytosterols, substances considered important in the treatment of cardiovascular diseases.

Typical oily flavour of avocado, intense and pleasant aroma.

SMOKE POINT: Medium = 175° C

Available sizes: 250mL



Use in European Cuisine:

In European cuisine, cold-pressed avocado oil is valued for its creamy texture and mild flavour, making it a versatile ingredient:

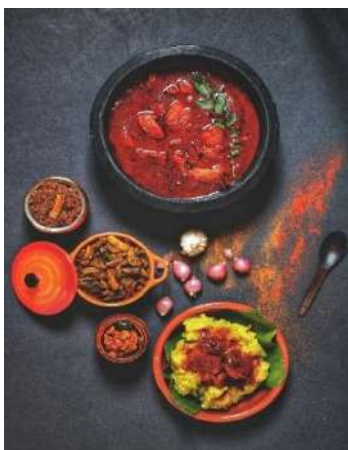
Salad Dressings: Its smooth, buttery taste enhances salad dressings, perfectly complementing fresh greens, fruits, and roasted vegetables. **Finishing Touch:** Drizzle over hearty soups or pasta dishes just before serving to add richness and a boost of healthy fats without overpowering the flavour.

Use in Polish Cuisine:

In Polish cuisine, cold-pressed avocado oil can elevate traditional dishes while adding a modern twist:

Zupa Chłodnik (Cold Beet Soup): This refreshing cold soup can benefit from a drizzle of avocado oil, enhancing its creaminess and flavour profile.

Vegetable Salad: Avocado oil can be used in this classic salad made with boiled vegetables, adding a smooth texture and healthy fats to balance the dish.



Use in Asian Cuisine:

In Asian cuisine, cold-pressed avocado oil is appreciated for its health benefits and versatility:

Sauces: It can be blended into dressings for Asian salads or used in marinades for meats and vegetables, providing a creamy texture and a rich flavour.

Finishing Touch: Drizzling avocado oil over sushi or steamed dumplings adds a luxurious finish without compromising the dish's freshness.

Use in South Korean Cuisine:

In South Korean cuisine, avocado oil can be incorporated into both traditional and contemporary dishes:

Bibimbap: A drizzle of avocado oil over bibimbap can enhance the dish's creaminess, complementing the vegetables and rice while adding healthy fats.

Namul (Seasoned Vegetables): Cold-pressed avocado oil can be used as a dressing for various namul, adding a smooth texture and a light, nutty flavour.

Use in Taiwanese Cuisine:

In Taiwanese cuisine, avocado oil is increasingly popular due to its mild flavour and health benefits:

Taiwanese Cold Noodles (Liang Mian): This dish can be enhanced with a drizzle of avocado oil in the sauce, adding richness and a smooth mouthfeel.

Vegetable Stir-Frys: Avocado oil can be used for lightly sautéing vegetables, providing a healthy fat source while maintaining the freshness of the ingredients.

Virgin vs. Refined Avocado Oil: A Comparison of flavour, Uses, and Benefits

Cold-extracted avocado oil and refined avocado oil are distinct both in their production processes and culinary uses. **Virgin avocado oil** retains its natural green hue, rich buttery flavour, and subtle avocado aroma. It is produced at lower temperatures, which helps preserve its nutrients, making it ideal for salads, dressings, and as a finishing oil. Due to its relatively moderate smoke point, it is better suited for low to medium-heat cooking, ensuring the oil's nutritional properties are not compromised.

On the other hand, **refined avocado oil** is processed at higher temperatures, which strips it of its colour, aroma, and most of its flavour, leaving a neutral, odourless oil. This refining process also raises the oil's smoke point, making it suitable for high-heat cooking methods like frying or grilling.

AVOCADO OIL,

MILD



The avocado (*Persea gratissima*) is a tropical, pear-shaped fruit with green skin, originating from Central America. Unlike other vegetable oils, it is extracted from the fruit's pulp (similar to olive oil production) through methods that preserve its quality and undergoes a refining process. Technique used for refining the oil that removes impurities, giving the oil a neutral flavor and a light color.

The Refinement of the oil increases its smoke point, making it suitable for high-heat cooking without losing its nutritional value.

Characteristics:

Neutral Flavor: Unlike virgin avocado oil, the refined version has a neutral taste, allowing it to blend seamlessly into various dishes without altering their flavor.

High Smoke Point: With a smoke point of around (260°C), refined avocado oil is ideal for frying, roasting, and grilling.

Nutrient-Rich: Despite the refining process, it retains healthy fats such as monounsaturated fats and is rich in vitamin E, making it a heart-healthy option.

SMOKE POINT: High = 260° C

Available sizes: 1L



Use in Various Cuisines:

European Cuisine: In European kitchens, refined avocado oil is often used for sautéing vegetables, frying meats, or as a base for sauces and marinades due to its neutral taste. Its high smoke point makes it a great alternative to olive oil in dishes requiring intense heat, such as grilled fish, roasted vegetables, or seared meats.

Polish Cuisine: Polish cuisine, known for its hearty dishes like pierogi, stews, and potato-based meals, benefits from refined avocado oil's versatility. It can



be used for frying pierogi or potato pancakes, offering a healthier alternative to traditional oils without changing the dish's flavor profile.

Asian Cuisine: Refined avocado oil is widely used in various Asian dishes, where high-heat cooking methods like stir-frying and deep-frying are common.

In Asian stir-fries, it can replace traditional oils due to its high smoke point and neutral flavor, preserving the authentic taste of ingredients such as vegetables, tofu, and meats.

South Korean Cuisine: In South Korean cooking, refined avocado oil is particularly useful in high-temperature techniques such as grilling or stir-frying. It's excellent for preparing dishes like bulgogi (grilled marinated beef) or jeon (Korean savory pancakes), where the oil's neutral taste ensures that the marinade or seasonings shine through without interference.

Taiwanese Cuisine: Taiwanese cuisine often involves frying and stir-frying in dishes like fried rice or three-cup chicken.

Refined avocado oil is a healthier substitute for traditional frying oils, maintaining the crispness and flavors while contributing a nutritional boost.

PUMPKIN OIL, INTENSE



Obtained by the cold pressure of Pumpkin seeds from organic agriculture.

Rich in magnesium, phosphorus, selenium and naturally contains zinc "bioavailable". In addition to tangible benefits to the heart, liver and immune system, it helps fight diabetes, strengthen the bladder, preventing diseases of the prostate and relieve suffering from arthritis.

Typical taste of natural Pumpkin seed, intense and strong.

Ideal to dress soups and salads.

SMOKE POINT: Low = 160° C

Available sizes: 100mL, 250mL



Use in European Cuisine:

Salad Dressings: In countries like Austria and Slovenia, pumpkin seed oil is a key ingredient in salad dressings. It pairs beautifully with vinegar, mustard, and honey to create a rich and aromatic vinaigrette.

Topping for Soups and Vegetables: It's often drizzled over pumpkin or root vegetable soups, adding a nutty richness to the dish. It's also used on roasted vegetables, particularly squashes and potatoes.

Bread Dipping and Pasta: Pumpkin seed oil is sometimes served as a dip for bread or drizzled over pasta for a luxurious, flavourful finish. In countries like Austria, it's also used with pumpkin seed pesto.

Desserts: In some regions, particularly in Austria and Slovenia, pumpkin seed oil is even used in desserts, such as vanilla ice cream or pastries, giving a unique nutty flavour.

Pumpkin Seed Oil Uses in Polish Cuisine: Salads and Cold Dishes: In Poland, pumpkin seed oil is used for cold applications, such as drizzling over salads, especially those with root vegetables like beetroot, cabbage, or potatoes. It's particularly appreciated in modern Polish cuisine.

Pierogi Topping: Pumpkin seed oil is sometimes drizzled over pierogi (dumplings) or used as a dressing for cold vegetable dishes.



Zupa Dyniowa (Pumpkin Soup): Pumpkin seed oil can be used as a finishing touch for pumpkin soup, adding a rich nutty flavour and creamy texture. A drizzle of oil over the soup before serving enriches it and makes it more inviting.

Sałatka z Buraków (Beetroot Salad): This traditional dish can be enhanced with a drizzle of pumpkin seed oil, which not only elevates the sweet flavour of the beetroots but also provides a source of healthy fats.

Pumpkin seed oil is an excellent dressing for **cooked grains**. It adds a flavourful note and a silky texture, perfect for balancing rustic Polish dishes.

Sałatka Jarzynowa (Vegetable Salad): Pumpkin seed oil can be used to prepare the Polish vegetable salad, adding a unique flavour and rich texture while enhancing the nutritional profile of the dish.

Makowiec (Poppy Seed Cake): For desserts, a splash of pumpkin seed oil can be incorporated into the makowiec dough **to add a rich flavour and a hint of moisture, making the cake even more delicious.**

IMPORTANT: To make the most of pumpkin seed oil and preserve its flavour and nutritional properties, it is better to use it as an ingredient in the dough rather than as a condiment added at high temperatures.

If you want to use pumpkin seed oil in the preparation of makowiec, make sure it is well incorporated into the dough before baking. This way, its rich flavour will enhance the dessert without compromising its qualities.

Use in Asian Cuisine:



Salad Dressing and Dips: Pumpkin seed oil is occasionally used in Asian cuisine, particularly in fusion or health-conscious dishes. It can be used as a dressing for fresh salads, blending well with ingredients like soy sauce, rice vinegar, or ginger.

Drizzled over Noodles or Tofu: In some modern Asian dishes, pumpkin seed oil is used as a finishing oil, drizzled over cold noodle dishes, or added to steamed tofu for extra flavour.

Soup Finishing Touch: Similar to European practices, pumpkin seed oil can be added as a final touch to soups, particularly those made from squash or pumpkin.

Fusion Dishes: In Asian fusion cooking, pumpkin seed oil is used to add a rich, nutty flavour to modern takes on traditional dishes, especially in vegetarian and vegan cuisine.

Use in South Korean Cuisine:

Cold-pressed pumpkin seed oil, with its rich, earthy flavour, fits well into South Korean cuisine, particularly in dishes that emphasize fresh ingredients:

Japchae (Stir-Fried Glass Noodles): Instead of using sesame oil, cold-pressed pumpkin seed oil can be drizzled over japchae as a finishing touch, adding a deep, nutty richness to the vegetable and noodle mix without heating the oil.

Kimchi Salads: Pumpkin seed oil works wonderfully in kimchi-based salads or dishes that combine kimchi with fresh vegetables, adding complexity and a smooth texture while preserving the oil's nutritional benefits.

Use in Taiwanese Cuisine:

In Taiwanese cuisine, cold-pressed pumpkin seed oil can add a new dimension to classic dishes, particularly those featuring fresh or lightly cooked ingredients:

Taiwanese Hot Pot (Huoguo): Cold-pressed pumpkin seed oil can be used as a dipping oil for meats and vegetables after cooking in the hot pot, bringing a distinct nutty flavour that pairs well with the mild ingredients.

Stir-Fried Leafy Greens: Taiwanese cuisine often highlights fresh, stir-fried greens such as water spinach or bok choy. A drizzle of cold-pressed pumpkin seed oil after cooking adds a rich, nutty flavour and enhances the dish's nutritional profile without overwhelming the freshness of the vegetable



GRAPESEED OIL, MILD



Italian - delicate taste

Obtained by the extraction of the small seeds from grape and following purification.

Oil of clear and pallid yellow. Rich in omega 6, that helps to reduce cholesterol and the risk of heart disease, and good source of vitamin E, that works as a fat-soluble antioxidant, which helps protect cells from damaging free radicals. Vitamin E also supports the immune system.

Clean and light taste, typical of grapeseed. Delicate scent of fresh and balanced sweet-and-bitter taste.

Great as an ingredient in salad dressings and mayonnaise. Good as a base for oil infusions of garlic, rosemary, or other herbs or spices. It is widely used in baked goods, pancakes, and waffles. Suitable for both cooking and to garnish in its crude state.

SMOKE POINT: High = 200° C

Available size: 250mL, 500mL, 750mL, 1L



flavours of greens or grilled vegetables.

Use in European Cuisine:

Baking and Desserts: In European cuisine, particularly in French, Italian, and Mediterranean cooking, almond oil is commonly used in baking. It adds moisture and a subtle nutty flavour to cakes, cookies, and pastries, such as financiers, tortes, and biscuits.

Drizzled Over Fruits and Desserts: Almond oil can also be used as a finishing touch for fruit salads, poached fruits, or desserts like panna cotta. It pairs especially well with stone fruits like apricots, peaches, or plums.

Salad Dressings and Marinades: Almond oil is used in dressings for light, fresh salads. It combines well with citrus, honey, or balsamic vinegar, enhancing the

Sauces and Creams: In Mediterranean cooking, almond oil is sometimes used to enrich sauces and cream-based dishes, adding a silky texture and mild nutty flavour.

Desserts and Pastries: Although almond oil is not a traditional ingredient in Polish cuisine, it is becoming more popular in modern Polish baking. It's often used in cakes, cookies, or traditional desserts like mazurek (a shortcrust pastry) or sernik (cheesecake) to provide extra moisture and flavour.

Breakfast Foods: Almond oil is sometimes used as a drizzle over oatmeal, yogurt, or cottage cheese, adding a delicate flavour to breakfast dishes, particularly when combined with fruits or nuts.

Salad dressings: The delicate, slightly sweet taste of almond oil pairs beautifully with fresh or root vegetable salads. It brings out the natural sweetness in dishes like the traditional Polish **carrot salad (surówka z marchewki)**, adding a smooth texture and healthy fats.

Finishing Touch: Almond oil can be drizzled over lighter Polish dishes, such as vegetable soups or salads, to give them a refined finish.

Use in Asian Cuisine:

Sautéing: In Asian cuisine, almond oil is sometimes used for stir-frying or sautéing in dishes that require a mild, sweet nutty flavour. It's commonly combined with stronger oils like sesame or peanut oil due to its delicate flavour and low smoke point.



Noodle and Rice Dishes: Almond oil can be drizzled over cold noodle dishes or mixed into rice dishes, adding a subtle richness and nutty aroma. It complements light sauces made with soy, ginger, and garlic.

Desserts and Sweets: In Chinese and Indian desserts, almond oil can be used as an ingredient in sweets like halwa or mooncakes, adding a soft texture and mild nut flavour to traditional confections.

Salad Dressings: In modern Asian fusion cuisine, almond oil is used in dressings for fresh salads or in dipping sauces, often mixed with soy sauce, lime juice, or vinegar for a light, fragrant finish.

Fusion and Innovation: The Australian Approach to High-Quality Oils

In Australia, the approach to oils is different, thanks to a cuisine that combines local and international influences. Australians use these oils in a more experimental and innovative way:

- **Extra Virgin Olive Oil:** Very popular in Australia, it is used in Mediterranean and fusion cuisine, especially for salads, marinades, and grilling. It is also common in traditional dishes like fresh summer salads or fish dishes.
- **Avocado Oil:** Highly appreciated in Australia for its high smoke point and delicate flavour, it is used not only in salads but also for grilling meats and vegetables.
- **Pumpkin Seed Oil:** Mainly used raw to enrich salads or vegetable dishes, it has a more limited use in Australian cuisine compared to other oils.



Specific Dishes in Australia:

Fresh salads with avocado or olive oil: The use of healthy oils like avocado or extra virgin olive oil is widespread in light dishes, especially during the Australian summer.

Australian barbecues: Oils like avocado and olive oil are often used to grill meats or fish, thanks to their high smoke points.

Asian fusion cuisine: Due to Asian influence, sesame oil is commonly used in Asian salads in an Australian style.

Key Differences:

In Asia, sesame oil dominates traditional cooking, while in Australia there is a broader openness to the use of various oils, both for health reasons and culinary experimentation. Dishes in Australia tend to combine Asian, Mediterranean, and local influences, with extensive use of oils like avocado, olive, and hemp seed oil.



Tailoring Your Choices: Health Benefits and Best Uses for Our Oils

Navigating Our Premium Organic Oils: Benefits and Best Uses



Our diverse range of premium oils is designed to cater to different culinary applications and health needs. This guide divides our oils into categories based on their health benefits, best uses for raw applications, suitability for frying, and ideal uses in baking. Whether you're looking to enhance your cooking or focus on nutritional benefits, this section will help you choose the perfect oil for every purpose.

1. Healthiest:

- **Pumpkin Seed oil:** Rich in antioxidants, vitamin E, and zinc, it supports prostate health and the immune system.
- **Avocado Oil:** Packed with heart-healthy monounsaturated fats and vitamin E, it promotes overall health and is good for the skin.
- **Extra Virgin Olive Oil:** Rich in antioxidants and monounsaturated fats, it supports heart health and reduces inflammation, making it a staple in a balanced, healthy diet.

Comment: These oils, packed with essential nutrients, are ideal for raw applications, maintaining their health benefits.



2. Best for Raw Use:

- **Pumpkin Seed Oil:** Ideal for dressing salads, cooked vegetables, or grain dishes, offering a rich and intense flavour.
- **Avocado Oil:** Known for its creamy texture and mild flavour, it's perfect for salads, dressings, or as a finishing oil on warm dishes.
- **Extra Virgin Olive Oil:** A staple in Mediterranean cuisine, it's perfect for drizzling over salads, bruschetta, or warm dishes like roasted vegetables and pasta, adding a robust and fruity flavor.
- **Grapeseed Oil:** With a light, neutral flavor, it's an excellent choice for vinaigrettes, marinades, or as a base for salad dressings, enhancing dishes without overpowering other ingredients.

Comment: These oils are perfect for enhancing the flavours of dishes without cooking, preserving all their organoleptic properties.

3. Best for Frying/ high-heat cooking:

- **Olive Oil Extra Virgin:** Rich in Omega-9 fatty acids, even if its smoke point is not as high as refined oils, extra virgin olive oil can be used for frying at moderate temperatures
- **Avocado Oil, mild:** With a high smoke point of 260°C, refined avocado oil is ideal for high-heat cooking methods such as frying, grilling, and roasting, offering a neutral taste that doesn't interfere with the flavors of the dish.

Comment: For frying, some refined oils are preferable due to their higher smoke points, which help prevent degradation. Oils like refined avocado oil are ideal for this purpose. When it comes to frying, the important factors in an oil are a high smoke point and high levels of Omega-9 fatty acids.

Understanding Key Nutrients in Our Oils

In this section, we explain the key nutrients found in our premium oils, highlighting their benefits and how they contribute to your overall health and wellness.

- **Omega-3** fatty acids are essential fats that your body cannot produce on its own. They play a critical role in heart health by reducing inflammation, lowering blood pressure, and decreasing the risk of heart disease. Omega-3s are also vital for brain function and development.
- **Omega-9** fatty acids in oils are monounsaturated fats that help reduce bad cholesterol levels, support heart health, and provide anti-inflammatory benefits, commonly found in olive, almond, and avocado oils.
- **Vitamin E**, a powerful antioxidant found in oils like sunflower, almond, and avocado, helps protect cells from oxidative damage and supports skin and immune health.
- **Antioxidants** are compounds that protect your cells from damage caused by free radicals, unstable molecules that can lead to aging and various diseases. They help reduce oxidative stress in the body, which is linked to inflammation and chronic illnesses. Oils rich in antioxidants, like walnut and pumpkin seed oil, can support the immune system and overall health.
- **Zinc** is an essential mineral that supports immune function, aids in wound healing, and promotes cell growth and repair. It also plays a role in maintaining healthy skin and may help reduce inflammation. Pumpkin seed oil naturally contains zinc, making it a valuable addition to a healthy diet.
- **Monounsaturated fats** are heart-healthy fats that can help reduce bad cholesterol levels in the blood, lowering the risk of heart disease and stroke. These fats are also known to support healthy blood sugar levels and reduce inflammation. Olive oil and avocado oil are excellent sources of monounsaturated fats, making them a great choice for those looking to maintain cardiovascular health.

PARTICIPATION IN FOOD EXHIBITIONS

GUSTI ITALIA: Organic Oils Across Continents and Cultures

For those who browse through our catalogue are already familiar with our extensive range of premium organic oils. As a company committed to quality and innovation, we believe in being very active in the global food industry. To ensure this, every year we actively participate in the most prestigious FOOD trade fairs across Europe and Asia.

In recent months, we've showcased our products at major international fair events such as:

FHA in Singapore, **HOFFEX** in Hong Kong, **THAIFEX** in Thailand, **FOODEX** in Japan, **BIOFACH** in Germany, **FINE FOOD** in Australia, **SANA** in Italy.



These global exhibitions are more than just an opportunity for us to display our high-quality oils. They serve as a platform for us to engage with our worldwide network of distributors, to stay connected with the latest market trends, and to keep our finger on the pulse of the evolving demands in the organic oil sector.

By participating in these events, we remain updated on emerging consumer preferences and continue to innovate and adapt our products to meet the needs of each market.

Below, you'll find a selection of photos from our travels and stands at these international fairs, showcasing our ongoing presence in the global food scene.







DIANTHA is a brand of the Italian company
GUSTI ITALIA S.r.l.

The company is located in southern Italy, in the
lovely Apulia region.

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DIANTHA