No, Olive Oil Isn't Toxic When Hot

By Ana-Marija Dolaskie — March 23, 2017

When it comes to cooking, olive oil takes the cake for nutrition, flavor, and healthy fats. So it makes sense that someone would find a reason to hate it; it's the anti-science way, after all! Internet rumors swirl about the low smoke point of olive oil and claims that reaching it is potentially toxic to your health. It isn't true, and here's why.