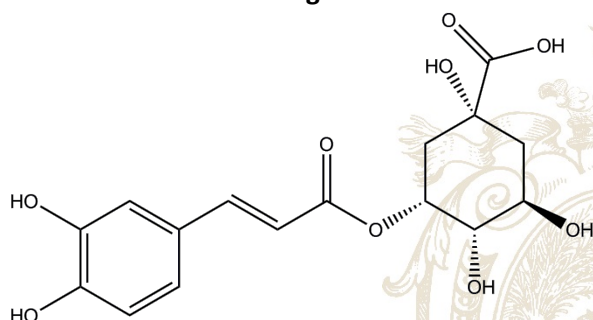


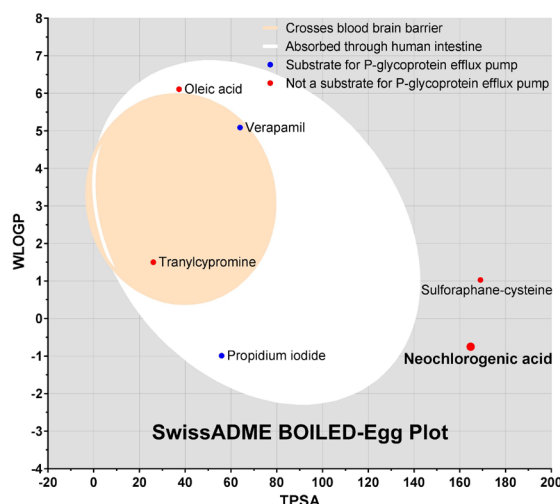
OliveNet™ Newsletter

Molecule of the month

Neochlorogenic acid



Neochlorogenic acid (5-*O*-Caffeoylquinic acid) is an isomer of chlorogenic acid (3-*O*-caffeoylquinic acid), a hydroxycinnamic acid found widely in fruits and vegetables. Chlorogenic acid and its isomers are found in potatoes, making up 90% of the phenolic compounds found in potato peel. Neochlorogenic acid can be found in some dried fruit and peaches, and has been shown to have antioxidant and antibacterial effects. It has also been studied for its neuroprotective properties, having been shown to reduce inflammation in microglial cells.



We analysed neochlorogenic acid using SwissADME and the results indicate that neochlorogenic acid is not absorbed through human intestines, and is predicted to not cross the blood-brain-barrier. The analysis indicates that neochlorogenic acid is not a substrate for the P-glycoprotein pump, and was also shown to not inhibit certain liver isoenzymes.

Julia Liang's recipe of the month

Potato Pizza

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared potato pizza – a classic pizza topped with thinly sliced potato, rosemary, and onions. It makes for a simple, but tasty and satisfying meal.



[Approximate calculations: Total EVVO = 79 mL (73 g); Serves 8. Per serve = 80 calories (or 4.0% of 2,000 calorie diet), 9.1 g EVVO (or 18% of typical daily recommendation), ~2.3 mg olive polyphenols (assuming 250 mg/kg in average EVOO)]

For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).

*** All of Julia's recipes are tried and tested.**

Global Research Highlight

Mediterranean diet and hepatic fat: High hepatic fat levels are commonly associated with diseases such as metabolic syndrome, type two diabetes, and heart disease. An 18-month weight loss trial found that a Mediterranean/low carbohydrate diet resulted in a greater decrease in hepatic fat, compared to a low-fat diet. It was observed that the benefits of the Mediterranean and low carbohydrate diet extended beyond a reduced visceral fat content and weight loss.

[Gepner Y, Shelef I, Komy O, et al. The Beneficial effects of Mediterranean diet over low-fat diet may be mediated by decreasing hepatic fat content. *Journal of hepatology*. pii: S0168-8278(19)30274-0. Published 2019 May 7. doi: 10.1016/j.jhep.2019.04.013]