



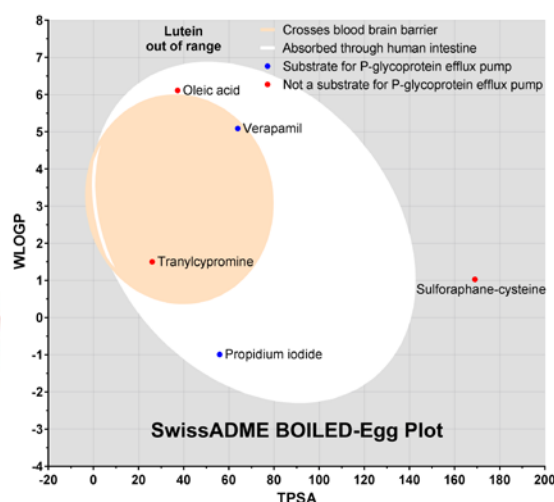
OliveNet™ Newsletters

Molecule of the month

Lutein



Lutein is a naturally occurring carotenoid found in pumpkin and is abundant in egg yolk and other vegetables such as spinach, kale, and carrots. It is also present in olives. Lutein is a plant metabolite and is used as a pigment in food colouring. It also has important biological functions, accumulating in the retina to suppress oxidative stress in eye tissues. It has been suggested that lutein aids in visual function and reduces the risk of age-related macular degeneration. Additionally, increased lutein consumption has been shown to be protective against cataracts, a leading cause of blindness.



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

Julia Liang's recipe of the month

Pumpkin Pie

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared pumpkin pie – a classic Thanksgiving dessert. This recipe is prepared using an olive oil crust. The pie is filled with a spiced pumpkin-based custard to make a rich and sweet treat.



[Approximate calculations: Total EVVO = 59 mL (55 g); Serves 8. Per serve = 60 calories (or 3% of 2,000 calorie diet), 6.9 g EVVO (or 14% of typical daily recommendation), ~1.7 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.

Upcoming events

2nd International Yale Symposium on Olive Oil and Health

1 – 4 December 2019; Delphi Greece
<https://web.cvent.com/event/0022841b-235f-4f6f-a850-57dde67798c4/summary>

World Congress on Oils & Fats & ISF Lectureship Series in 2020

9 – 12 February 2020; Sydney NSW, Australia
<https://wcofsydney2020.com/>