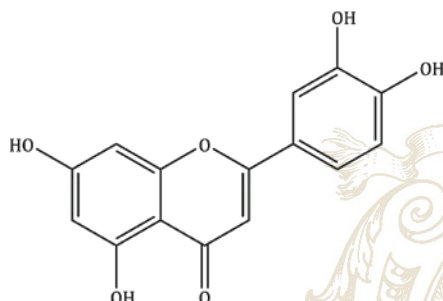
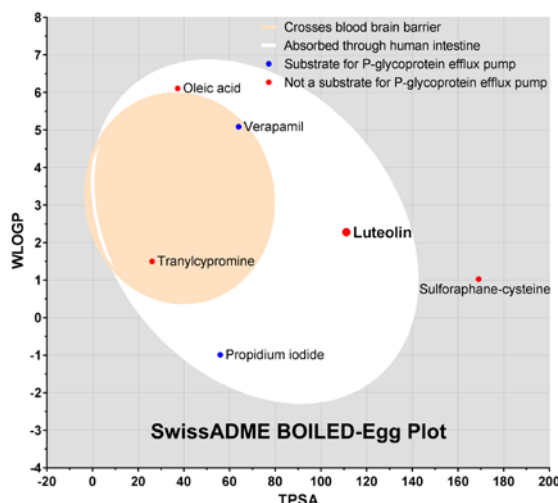


*OliveNet™ Newsletters***Molecule of the month****Luteolin**

Luteolin is a naturally occurring flavonoid commonly found in various fruits, vegetables and plants. This includes olives, broccoli, carrots, peppers, and celery. Luteolin is used as a yellow dye, and is considered to be among the oldest known European dyes. It is known to have strong anti-inflammatory and antioxidant activity, having been found to modulate inflammatory pathways in cell and animal studies. Luteolin has also been studied as an anticancer agent against several human cancers, including lung, breast, prostate, and colon cancers.



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

Julia Liang's recipe of the month**Tortilla de patatas**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared tortilla de patatas, also known as Spanish omelette. This is a classic Spanish dish made from potatoes and onions that have been cooked in olive oil, and layered in an omelette.



[Approximate calculations: Total EVVO = 237 mL (220 g); Serves 8. Per serve = 240 calories (or 12.0% of 2,000 calorie diet), 27.4 g EVVO (or 54.9% of typical daily recommendation), ~6.9 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 the gut microbiome in ageing: European researchers have found that the Mediterranean diet modulates the gut microbiota, and potentially promotes healthier ageing. The gut microbiota of 612 subjects across five European countries (UK, France, Netherlands, Italy, and Poland) were profiled before and after a 1-year Mediterranean diet intervention tailored to elderly subjects (NU-AGE diet). Beneficial outcomes of adherence to the Mediterranean diet included markers of lower frailty, improved cognitive function, and reduced inflammatory markers, which were associated with alterations in the microbiome.

Ghosh, T. S., Rampelli, S., Jeffery, I. B., Santoro, A., Neto, M., Capri, M., Giampieri, E., Jennings, A., Candela, M., Turroni, S., Zoetendal, E. G., Hermes, G., Elodie, C., Meunier, N., Brugere, C. M., Pujos-Guillot, E., Berendsen, A. M., De Groot, L., Feskens, E., Kaluza, J., ... O'Toole, P. W. (2020). Mediterranean diet intervention alters the gut microbiome in older people reducing frailty and improving health status: the NU-AGE 1-year dietary intervention across five European countries. *Gut*, gutjnl-2019-319654. Advance online publication. <https://doi.org/10.1136/gutjnl-2019-319654>