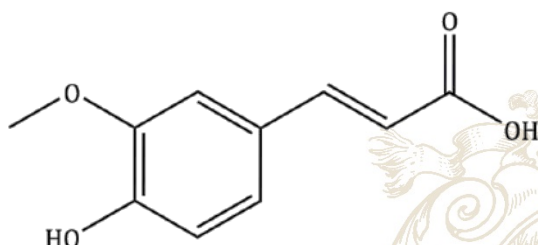
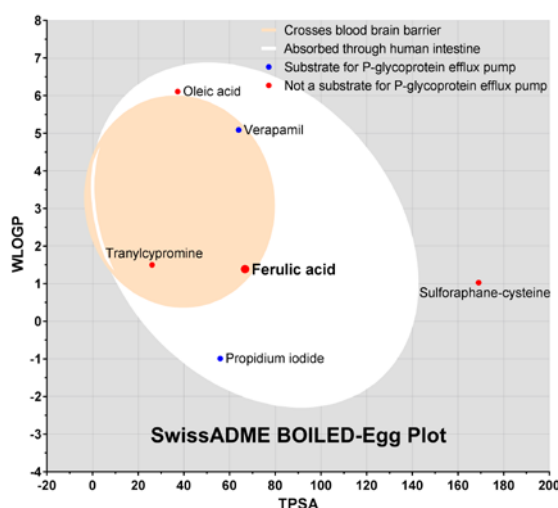


*OliveNet™ Newsletters***Molecule of the month****Ferulic acid**

Ferulic acid is a hydroxycinnamic acid compound, naturally occurring in plant cell walls. It is the main phenolic compound occurring in wheat grains, and is also found in spinach, grapes, and olives. Ferulic acid is widely used in pharmaceuticals and foods, and is used in skin care products as a photoprotective and brightening component. It is known to have a range of biological properties, such as anti-inflammatory, antioxidant, and antibacterial activity. It has also been shown to have neuroprotective activity, and is a promising agent for therapeutics in Alzheimer's disease. Foods rich in ferulic acid have been found to be anti-hypertensive, improving vascular function and demonstrating cardioprotective properties.



We analysed ferulic acid using SwissADME and the results indicate that ferulic acid is absorbed through human intestines, and is predicted to cross the blood-brain-barrier. The analysis indicates that ferulic 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**Liguran focaccia**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared Ligurian focaccia, a variation of the traditional Italian bread made with plenty of olive oil and salt. This makes bread with a crispy crust, and a soft inner crumb – the perfect vehicle for your favourite fillings or enjoyed on its own dipped in more olive oil.



[Approximate calculations: Total EVVO = 133 mL (124 g); Serves 12. Per serve = 90 calories (or 4.5% of 2,000 calorie diet), 10.3 g EVVO (or 20.6% of typical daily recommendation), ~2.6 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](#).

Global Research Highlight

Olive oil and heart disease: Researchers from the Harvard T.H. Chan School of Public Health have found that consuming more olive oil was associated with a lower risk of heart attack among adults in the US. The study followed 9,797 participants over 24 years, and found that those who ate more than half a tablespoon of olive oil per day had a 14% lower risk of cardiovascular disease, and 18% lower risk of coronary heart disease. It was also found that replacing 5 g per day of margarine, butter, mayonnaise, or dairy fat with the same amount of olive oil was associated with a 5-7% lower risk of cardiovascular or coronary heart disease.

Guasch-Ferré, M., Liu, G., Li, Y., Sampson, L., Manson, J. E., Salas-Salvadó, J., Martínez-González, M. A., Stampfer, M. J., Willett, W. C., Sun, Q., & Hu, F. B. (2020). Olive Oil Consumption and Cardiovascular Risk in U.S. Adults. *Journal of the American College of Cardiology*, S0735-1097(20)34332-1. Advance online publication. <https://doi.org/10.1016/j.jacc.2020.02.036>