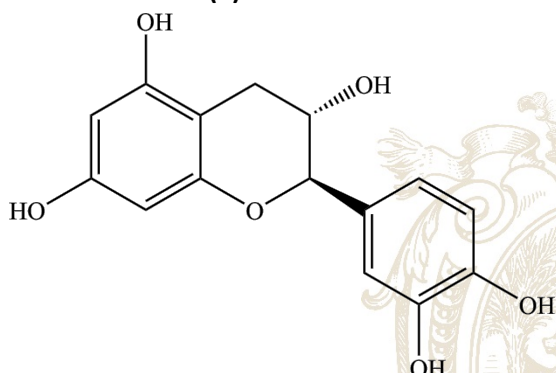
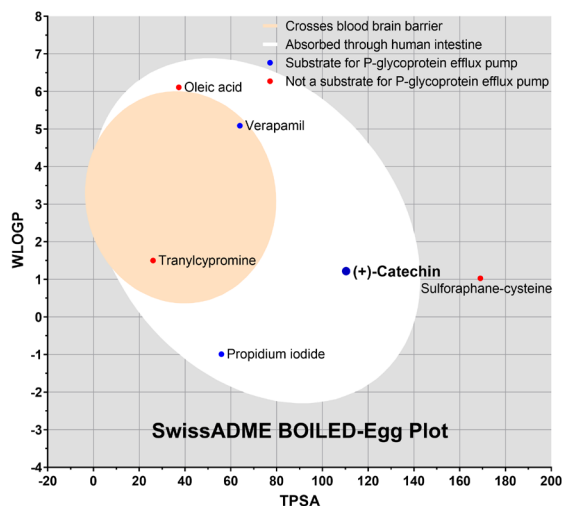


*OliveNet™ Newsletters***Molecule of the month****(+)-Catechin**

Catechin is a naturally occurring flavonoid commonly found in tea, cocoa, and wine, and are also found in almonds. Catechin exists in four diastereoisomers, with (+)-catechin being the most common isomer, and other isomers being (-)-catechin, (+)-epicatechin, and (-)-epicatechin. Catechins are known to have potent antioxidant properties, and its potential therapeutic properties have been studied in the context of diseases related to ageing such as neurodegenerative disease, cardiovascular disease, and cancer.



We analysed (+)-catechin using SwissADME and the results indicate that (+)-catechin is absorbed through human intestines, and is predicted to not cross the blood-brain-barrier. The analysis indicates that (+)-catechin 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**Kourabiedes**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared kourabiedes, or Greek almond biscuits. These are similar to shortbread and are commonly served at special occasions such as Christmas, Easter, or weddings. The biscuits have a light and crumbly texture studded with crunchy almonds – the perfect treat all year round!



[Approximate calculations: Total EVVO = 280 mL (260 g); Serves 25. Per serve = 91 calories (or 4.5% of 2,000 calorie diet), 10.4 g EVVO (or 20.8% 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](#).

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

Global Research Highlight

Television-watching and risk of coronary artery disease (CAD): Using both observational and genetic analyses, researchers from the UK Biobank have found evidence for a causal relationship between sedentary behaviour, measured by television watching, in the risk of CAD. The researchers used genome wide association and Mendelian randomization techniques to analyse data from 422,218 participants from the UK Biobank. The risk of a CAD event increased by 44% for every 1.5-hours increase in television watching, supporting conclusions from traditional observational studies that aiming to reduce sedentary behaviours may prevent CAD.

van de Vegte, Y.J., Said, M.A., Rienstra, M. *et al.* Genome-wide association studies and Mendelian randomization analyses for leisure sedentary behaviours. *Nat Commun* **11**, 1770 (2020). <https://doi.org/10.1038/s41467-020-15553-w>