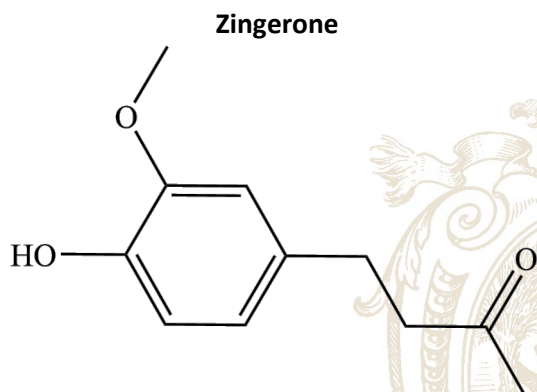
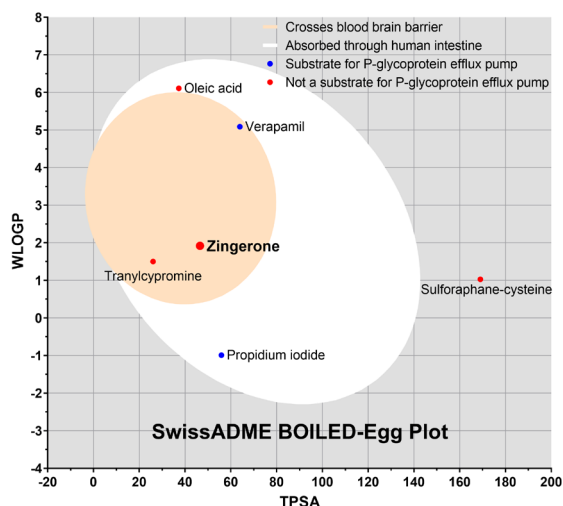


*OliveNet™ Newsletters***Molecule of the month**

Zingerone is a phenolic compound found in several spice plants, and is produced when fresh ginger is heated or cooked. It is thought to be a key component contributing to its pungent flavour. It is used as a flavour additive in spice oils and perfumes for the introduction of spice aromas. Zingerone also has a range of biological effects, demonstrating antioxidant, anti-inflammatory, and anti-bacterial activity.



We analysed zingerone using SwissADME and the results indicate that zingerone is absorbed through human intestines, and is predicted to cross the blood-brain-barrier. The analysis indicates that zingerone 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**Fried chicken**

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared fried chicken. This version is prepared in a South-East Asian style, flavoured with ginger, garlic, and other aromatics. It makes a meal that is flavoursome, crispy, and juicy – a perfect treat any day of the week.



[Approximate calculations: Total EVVO = 30 mL (27 g); Serves 4. Per serve = 60 calories (or 3.0% of 2,000 calorie diet), 6.9 g EVVO (or 13.7% 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.**

Global Research Highlight**Blood test determines adherence to Mediterranean diet and cardiovascular risk:**

Researchers from the Harvard T.H. Chan School of Public Health have identified a metabolic signature that can reflect an individual's adherence and metabolic response to the Mediterranean diet, and also predicts the risk of cardiovascular disease. The study was undertaken with 1859 participants from the Spanish PREDIMED trial and 6868 participants from the US NHS/HPFS study. The metabolic signature is comprised of 67 metabolites, providing a reliable gauge of dietary compliance compared to traditional self-reported data.

Li J, Guasch-Ferré M, Chung W, et al. The Mediterranean diet, plasma metabolome, and cardiovascular disease risk [published online ahead of print, 2020 May 14]. *Eur Heart J*. 2020;ehaa209. doi:10.1093/eurheartj/ehaa209