Issue 38 July 2020

Mediterranean diet and olive oil news

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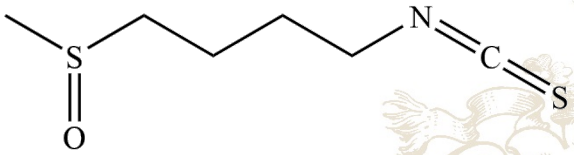
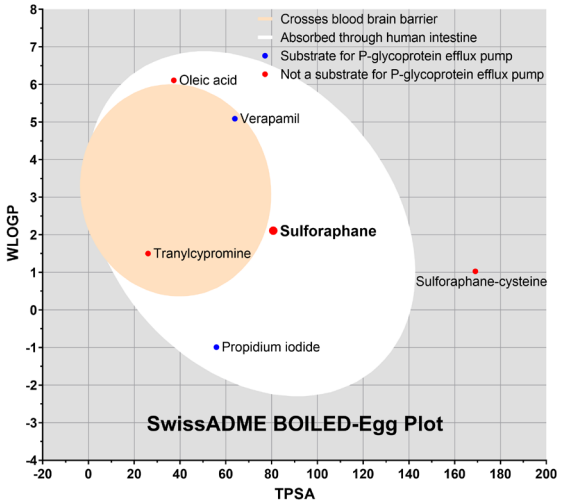
OliveNet™ Newsletters

Molecule of the month

Sulforaphane



Sulforaphane is an isothiocyanate derived from broccoli and other cruciferous vegetables, produced when the compound glucoraphanin is broken down during consumption. Sulforaphane is well-studied for its potential anti-cancer effects. It has been shown to modulate multiple cellular targets in cancer pathways, being a promising candidate for therapeutic treatment. Sulforaphane has also been shown to have potential in the treatment of a range of other diseases, including cardiovascular and chronic inflammatory diseases.



We analysed sulforaphane using SwissADME and the results indicate that sulforaphane is absorbed through human intestines, and is predicted to not cross the blood-brain-barrier. The analysis indicates that sulforaphane 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

Broccoli pizza

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared broccoli pizza – topped with a garlic bechamel and broccoli that's been tossed with lemon zest, parmesan cheese and chilli flakes. It makes a meal that is full of flavour and not too heavy – perfect for dinner any day of the week.

[Approximate calculations: Total EVVO = 45 mL (42 g); Serves 4. Per serve = 91 calories (or 4.6% of 2,000 calorie diet), 10.4 g EVVO (or 20.9% 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

Dietary proteins and risk of mortality: In a systematic review and meta-analysis of 32 studies, researchers have found that a diet high in protein, partcularly plant protein, is linked to a lower risk of death from all causes. During a follow-up period of 3.5 to 32 years, 113,039 deaths (16,429 from cardiovascular disease and 22,303 from cancer) occurred among 715,128 participants. The findings of this study support existing dietary recommendations to increase consumption of plant proteins in the general population, providing an association between dietary plant protein intake and longevity.

Naghshi S, Sadeghi O, Willett WC, Esmaillzadeh A. Dietary intake of total, animal, and plant proteins and risk of all cause, cardiovascular, and cancer mortality: systematic review and dose-response meta-analysis of prospective cohort studies. *BMJ*. 2020;370:m2412. Published 2020 Jul 22. doi:10.1136/bmj.m2412