Issue 39 August 2020

Mediterranean diet and olive oil news

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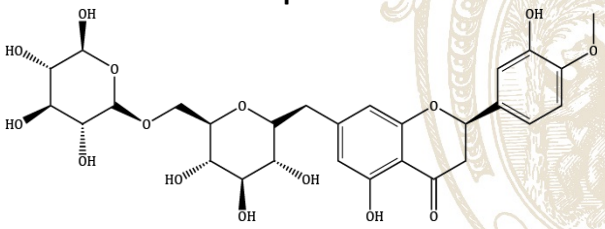
OliveNet™ Newsletters

OliveNet™ Newsletter

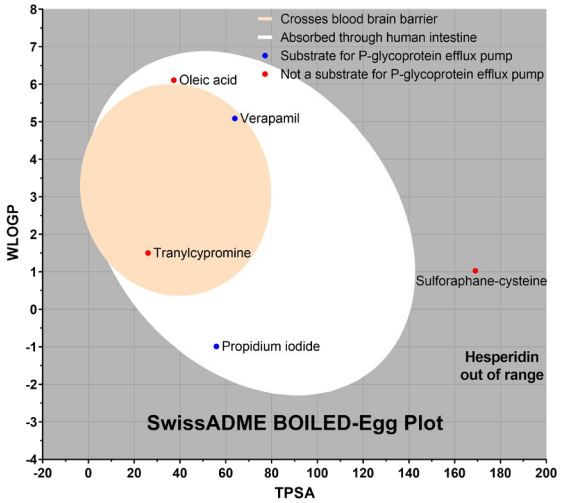
August 15 marks the third anniversary since the launch of the OliveNet™ Library. We would like to thank the subscribers of our newsletter and followers on the Facebook page for being part of the OliveNet community. We strongly encourage feedback and contributions!

Molecule of the month

Hesperidin



Hesperidin is a flavonoid commonly found in citrus fruits such as oranges and lemons, and is also present in the olive. Hesperidin is known for its antioxidant and anti-inflammatory effects, and has been studied for its potential benefits in a variety of diseases such as cancer, diabetes and hypertension, and Alzheimer's disease.



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

Maialino's olive oil cake

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". To celebrate the third anniversary of the OliveNet Library, this month Julia has prepared olive oil cake. This cake is flavoured with orange and olive oil, and topped with orange-infused cream cheese icing to make a fragrant and rich cake – perfect for any celebration!

[Approximate calculations: Total EVVO = 307 mL (285 g); Serves 12. Per serve = 207 calories (or 10.4% of 2,000 calorie diet), 23.8 g EVVO (or 47.5% of typical daily recommendation), ~5.9 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

Intake of whole grain foods and risk of type 2 diabetes: Researchers from the Harvard T.H. Chan School of Public Health examined 158,259 women and 36,525 men from the Nurses' Health Study, Nurses' Health Study II, and Health Professionals Follow-Up Study in the US over an average of 24 years, identifying 18,629 participants with type 2 diabetes. They found that a higher consumption of total whole grain foods was significantly associated with a lower risk of type 2 diabetes, supporting current recommendations of whole grain consumption for the prevention of type 2 diabetes.

Hu Yang, Ding Ming, Sampson Laura, Willett Walter C, Manson JoAnn E, Wang Molin et al. Intake of whole grain foods and risk of type 2 diabetes: results from three prospective cohort studies *BMJ* 2020; 370 :m2206