Commentary by the Winner of the 12th Journal of Oleo Science Best Author Award

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It's an honour to be selected as the recipient of the Best Author Award for the year 2020. I also would like to acknowledge the journal committee for recognising our research contribution by offering this award. We had three articles published in the Journal of Oleo Science in the year 2020 (*J. Oleo. Sci.,* **69** (3): 167-183; *J. Oleo. Sci.,* **69** (7): 671-676; and *J. Oleo. Sci.,* **69** (10): 1163-1179)[1-3].

These 3 papers were part of my PhD study. The main focus of my PhD study was a clinical study that has been published in the European Journal of Clinical Nutrition[4]. We evaluated the chronic effect of dietary consumption of red palm olein on inflammatory and metabolic risk markers in abdominally overweight individuals. There were many aspects for us to consider before the conduct of the human study as our study was the first human study to look at the usage of red palm olein as cooking oil to prepare local Malaysian diets. Most of the previous human studies on red palm oil/olein supplementation have given the oil in the form of pills, bakery products, savouries, traditional sweets and local snacks.

Red palm olein has got strong colour, taste and aroma. Red palm oil is a rich source of phytonutrients such as vitamin E and carotenoids. However, storage conditions and heating used in cooking techniques can lead to degradation/ loss of these beneficial phytonutrients and altered taste that reduce flavour acceptability. To preserve the phytonutrients and wholesomeness of the oil, the 3 studies published in the Journal of Oleo Science were conducted before the dietary intervention to look at storage stability[1], thermal stability[2] and palatability acceptance[3] of red palm olein.

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