



# Red Wine and Alcohol

## Are there really health benefits from red wine or other alcohol?

Red wine has received a lot of attention for its heart healthy effects. Resveratrol is a substance found in red wine that may help prevent damage to blood vessels, reduce LDL or "bad" cholesterol and prevent blood clots.

Additionally, researchers are finding that moderate amounts of *all* types of alcohol, aside from just red wine, may be beneficial for the heart. Similar to the benefits of red wine, moderate amounts of other alcoholic beverages may help prevent damage to blood vessels and prevent blood clots.

## Drink in moderation or not at all

Though moderate alcohol can benefit your health in some ways, drinking too much may increase your risk of high blood pressure, high triglycerides, liver damage, obesity, certain types of cancer, accidents and other problems.

In fact, when it comes to heart disease, researchers have found there to be a U shaped relationship between drinking red wine or other alcohol and coronary heart disease. This means that those who drink just 1-2 drinks per day may have a reduced risk of heart disease, but those who drink more than that tend to have an increased risk in heart disease.

If you are going to drink, drink in moderation. That is, drink no more than 1-2 drinks per day. A drink is defined as 12 ounces (355 mL) of beer, 5 ounces (148 mL) of wine or 1.5 ounces (44 mL) of 80-proof distilled spirits.

## How alcohol fits into the Mediterranean Diet

- If alcohol is consumed, it is most often in the form of red wine and only 1-2 glasses a day.
- Generally, alcohol is consumed WITH food at a meal instead of on its own.



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