

the RED CUP Q&A



separating alcohol fact from fiction
EVERY TUESDAY IN THE DAILY WILDCAT

Q What are the health benefits of red wine?

A. Perhaps you've heard that red wine is good for you – even healthy. Wine has been shown to reduce the risk of heart disease and certain cancers and red wine represents a source of resveratrol in our diet. In studies, scientists have shown that resveratrol can act as an antioxidant and mediate anti-inflammatory effects.¹ Antioxidants are the substances that protect the body against the effects of free radicals that can then damage cells. Resveratrol also can increase HDL cholesterol (the good one) and prevent LDL cholesterol (the bad one) from forming and clogging arteries. The anti-inflammatory effect can lead to a lower risk of heart disease. More research is needed before it's known whether resveratrol was the cause for the reduced risk.

The resveratrol in red wine comes from the skin of grapes used to make the wine. Because red wine is fermented with grape skins longer than white wine, red wine contains more resveratrol. Simply eating grapes, or drinking grape juice, has been suggested as one way to get resveratrol without drinking.

Migraine sufferers beware: wine is often a big trigger for people who have migraine headaches. Although white wine contains more sulfites than red wine (sulfites are added to white wine to preserve its light color), red wine seems to be a much bigger migraine trigger.

If you already drink red wine, do so in moderation. Moderate drinking is defined as two drinks a day for men and one drink a day for women. The limit for men is higher because men generally weigh more and have more of an enzyme that metabolizes alcohol than women do. 4- 5 ounces of wine is considered a serving.

The amount of wine you drink matters. If you drink more than recommended, your health benefits are lost and health risks increase.

¹ American Journal of Clinical Nutrition



wildfact

67% of UA students report they party less than once per week.

(2011 Health & Wellness Survey, N=2,479)



Got a question about alcohol?

Email it to redcup@email.arizona.edu



www.health.arizona.edu

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