

Wine confusion: healthy or not?



Wine has been making the headlines in recent months as a “healthy” choice. Some studies suggest the compounds and antioxidants in wine can reduce your risk of heart disease, cancer, and more.

This can be confusing if you’ve been told that alcohol isn’t good for you. Should you drink wine to get healthier, or skip it?

There is no perfect answer for everyone. It’s important to note that these studies are promising, but they’re not enough to say that wine is a healthy choice. Many of these studies were done in labs, on mice, or were done with supplements instead of real wine. And for some, the possible benefits of wine wouldn’t be worth the risk. Wine is also high in calories and sugar. This can add to obesity and affect blood sugar, especially in diabetics. In addition, wine and alcohol can interact with certain medicines.

Many people can enjoy alcohol in small amounts without problems. But if you have a history of alcoholism or your doctor has told you not to drink, you should not drink wine or any alcoholic beverage.

The Centers for Disease Control and Prevention (CDC) says that drinking too much alcohol, even wine, can harm your health. So if you decide to drink, be sure you do it in moderation.

So what is “moderation”? According to the Dietary Guidelines for Americans, moderation is up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age.

THE BOTTOM LINE:

If you already have a drink once in a while, switching to red wine may be healthier than other choices such as beer or spirits. But the health benefits of red wine are not fully understood. So, experts do not recommend it as a daily drink for everyone.