

Closing Remarks

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WINEHEALTH 2017

February 16th-18th, 2017

Logroño (La Rioja-Spain)


Riojaforum

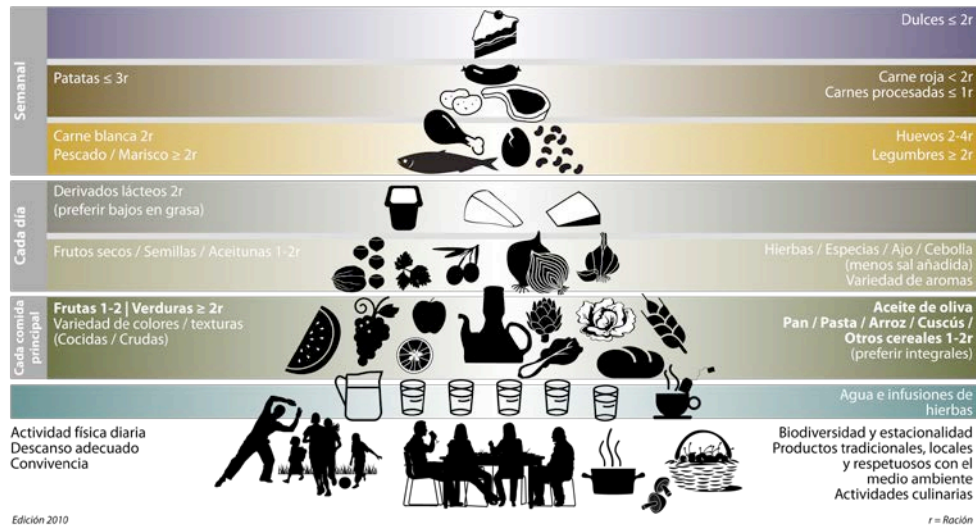
Wine should be consumed within the frame of a healthy diet (Mediterranean or Japanese diets) and lifestyle.

Pirámide de la Dieta Mediterránea: un estilo de vida actual

Guía para la población adulta

Medida de la ración basada en la frugalidad y hábitos locales

 Vino con moderación y respetando las costumbres



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Edición 2010

r = Ración



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ICAF
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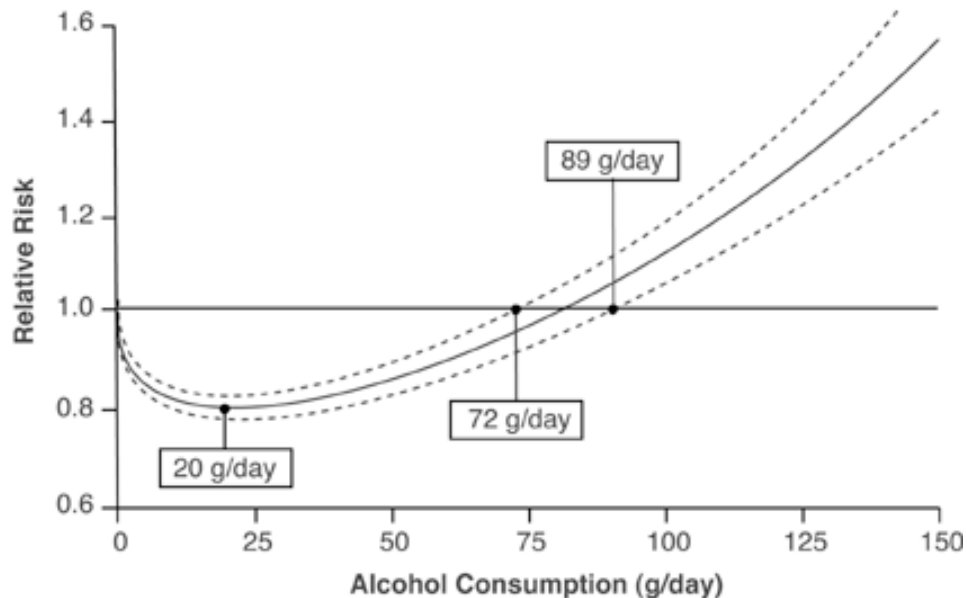


Predimed
Prevention and Promotion of the Mediterranean Diet





The traditional J-curves is still alive and confirm the relationship between moderate alcohol intake and cardiovascular disease and mortality





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Red wine consumption is inversely associated with waist circumference and obesity, probably due to their polyphenolic content.

Grape purple juice intake has anti-obesity effects on gestational weight.

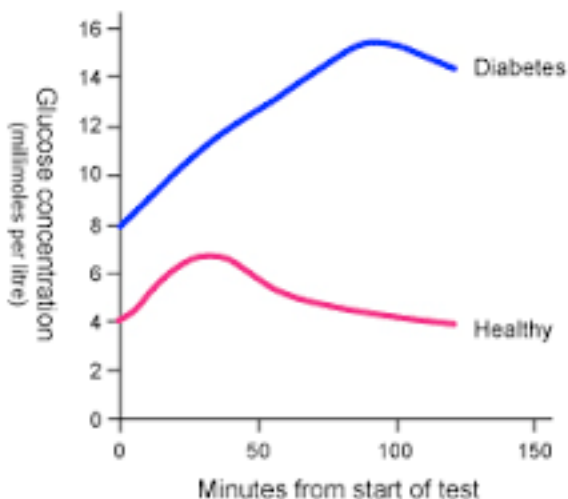


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A glass of white and red wine may help to improve blood sugar levels.

Alcohol consumption is linked to a significant decreased risk for type 2 diabetes.





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Light to moderate wine intake lowers dementia risk.





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High alcohol intake is associated with a higher risk of upper digestive tract, colorectal, liver and female breast cancers, but more studies are needed to evaluate the effects of moderate wine intake in a healthy diet (Mediterranean diet).

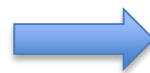
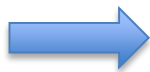


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Wine consumption enhances gut microbiota,
which acts as a mediator of some beneficial
effects of wine.





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- Beneficial effects of moderate wine consumption should be considered by policy makers and scientific dietary guidelines.
- Accurate recommendations on wine consumption in a healthy diet should be transferred to mass media and society.

FUTURE

Randomized intervention trials with wine in humans are needed to establish causality.

Control group?

Studies in centenarians?



FUTURE

Polyphenol metabolites are probably responsible for the health effects of wine but which ones may exert higher effects and mechanisms of action are still unknown.



FUTURE

Are polyphenols xenobiotics for the body and the microbiota.



Donations are really welcome!



Wine & Health 2019





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