

WINE & HEALTH

The French Paradox started the conversation about wine and health in the early 1990s. The connection between a culture, its people and its food and wine has been centered in France and along the Mediterranean, but it can also be found in Oregon.

Oregon's food and wine may significantly contribute to a healthy lifestyle. Foods like salmon and blueberries that thrive here are rich in flavor and antioxidants, but low in saturated fats.

Oregon wine grapes, primarily those grown in our cool-climate regions, have been known to exhibit high levels of resveratrol, a potent antioxidant derived from the skins of the grapes. Most notable of these wines is Pinot noir.

Recent studies have also pointed to the overall health benefits of moderate wine drinking including improved heart health and decreased cancer risk, viruses and other illnesses.

For more specific information and studies on this subject, visit www.oregonwine.org. Select *Discover Oregon Wine* and then *Wine & Health*.