

FOOD & WINE

OCTOBER 2007

wine made simple

7 easy rules for pairing

*plus 67
wine-friendly
recipes*

Spicy pork &
tomatillo stew—delicious
with a Syrah blend

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11 superstar wines
(and their *bargain twins*)

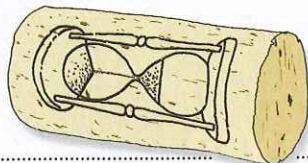
8 health benefits of drinking wine

Every year, there is a flurry of headlines about the health benefits of wine. But can drinking wine really make a difference? Here, the news—very good news, indeed—from the latest studies. Note: The health benefits come from moderate wine consumption, defined by the American Heart Association as one to two four-ounce glasses a day. —Christine Quinlan

{ THE BENEFIT }

{ THE EVIDENCE }

promotes longevity



Wine drinkers have a 34 percent lower mortality rate than beer or spirits drinkers. Source: a Finnish study of 2,468 men over a 29-year period, published in the *Journals of Gerontology*, 2007.

reduces heart-attack risk

Moderate drinkers suffering from high blood pressure are 30 percent less likely to have a heart attack than nondrinkers. Source: a 16-year Harvard School of Public Health study of 11,711 men, published in the *Annals of Internal Medicine*, 2007.



lowers risk of heart disease

Red-wine tannins contain procyanidins, which protect against heart disease. Wines from Sardinia and southwest France have more procyanidins than other wines. Source: a study at Queen Mary University in London, published in *Nature*, 2006.

reduces risk of type 2 diabetes

Moderate drinkers have 30 percent less risk than nondrinkers of developing type 2 diabetes. Source: research on 369,862 individuals studied over an average of 12 years each, at Amsterdam's VU University Medical Center, published in *Diabetes Care*, 2005.

lowers risk of stroke

The possibility of suffering a blood clot-related stroke drops by about 50 percent in people who consume moderate amounts of alcohol. Source: a Columbia University study of 3,176 individuals over an eight-year period, published in *Stroke*, 2006.

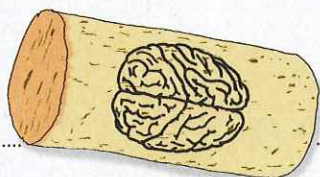
cuts risk of cataracts

Moderate drinkers are 32 percent less likely to get cataracts than nondrinkers; those who consume wine are 43 percent less likely to develop cataracts than those drinking mainly beer. Source: a study of 1,379 individuals in Iceland, published in *Nature*, 2003.

cuts risk of colon cancer

Moderate consumption of wine (especially red) cuts the risk of colon cancer by 45 percent. Source: a Stony Brook University study of 2,291 individuals over a four-year period, published in the *American Journal of Gastroenterology*, 2005.

slows brain decline



Brain function declines at a markedly faster rate in nondrinkers than in moderate drinkers. Source: a Columbia University study of 1,416 people, published in *Neuroepidemiology*, 2006.

ILLUSTRATIONS: PETER ARKLE