



Health

## Is wine good for you?

**In moderation, a glass or two can help your heart, prevent cancer and more**

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updated 4:26 p.m. CT, Wed., June. 4, 2008



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Is wine good for you? In moderation and as part of an overall healthy [diet](#), the short answer is yes!

Thanks to its alcohol content and non-alcoholic phytochemicals (natural occurring plant compounds), wine has been shown to reduce the risk of heart disease, certain cancers and slow the progression of neurological degenerative disorders like Alzheimer's and Parkinson's Disease.

However, the amount of wine you drink matters tremendously. Drink more than what's recommended, your [health benefits](#) are lost and your health risks go up.

Here's what's considered safe and effective:

Men: No more than two drinks per day.

Women: No more than one drink per day.

One drink is defined as a 5-ounce glass of red or white wine, 12 ounces of regular beer (1 bottle) or 1.5 ounces of 80-proof distilled spirits.

### **The health benefits of wine**

When it comes to wine's health capabilities, here's what we know:

It's been well documented that moderate amounts of alcohol can raise your good cholesterol (HDL-cholesterol) and thin your blood. This is thought to be one of the primary cardiovascular benefits from wine (red and white), as well as hard liquor and beer.

Non-alcoholic phytochemicals in wine, such as flavanoids and resveratrol, act as antioxidants and prevent molecules known as "free radicals" from causing cellular damage in the body. Although some studies which have focused on the health benefits of resveratrol use much greater dosages than you'll find in an average glass of wine, resveratrol has been shown to prevent blood clotting and plaque formation in arteries by altering lipid profiles and plasma viscosity. Findings from a recent study suggest that resveratrol can produce potent anti-thrombotic agents that can potentially improve cardiovascular health and lower the risk for coronary heart disease. In animal studies, resveratrol reduced tumor incidence by affecting one or more stages of cancer development.