

## Raise a Glass of Red Wine to Your Health

**Magdalini Nikolaou\***

*Department of Nutrition, Greece*

**\*Corresponding Author:** Magdalini Nikolaou, Department of Nutrition, Greece.

**Received:** January 22, 2019; **Published:** February 20, 2019

It is worldwide known that the Mediterranean Diet protect us from the occurrence of cardiovascular disease, diabetes various kinds of cancer, from Parkinson and Alzheimer Diseases [1,8]. Mediterranean Diet is characterized by the variety of fruits, vegetables, nuts, legumes, fish, limited consumption of meat and dairy products and of course is rich in olive oil and wine consumptions is recommended by meter. Moderate red wine consumption plays an important role because it is rich in polyphenols. The above health benefits are believed to come from a compound found on the grape skin and is called resveratrol (the most important polyphenolic compound) which is considered to be a prelongevity factor [4,8]. All Northern European countries that do not follow Mediterranean Diet show high mortality due to coronary heart disease. In contrast to Northern France where no Mediterranean Diet is maintained, low mortality due to coronary heart disease. This is attributed to the consumption of red wine and is characterized as a French paradox [2,3,5-7]. Red wine helps good blood vessel function and prevents thrombus formation as it is rich in Vit E and helps reduce the levels of bad cholesterol.

6. Pignatelli P, *et al.* "Polyphenols synergistically inhibit oxidative stress in subjects given red and white wine". *Atherosclerosis* 188 (2006): 77-83.
7. Renaud S and de Lorgeril M. "Wine, alcohol, platelets, and the French paradox for coronary heart disease". *Lancet* 339 (1992): 1523-1526.
8. ZhihaoWu., *et al.* "Grape skin extract improves muscle function and extends lifespan of a Drosophila model of Parkinson's disease through activation of mitophagy". 113 (2018).

**Volume 3 Issue 3 March 2019**

© All rights are reserved by Magdalini Nikolaou.

### Bibliography

1. Casas R., *et al.* "Nutrition and Cardiovascular Health". *International Journal of Molecular Sciences* 19.12 (2018).
2. Criqui MH and Ringel BL. "Does diet or alcohol explain the French paradox?" *Lancet* 344 (1994): 1719-1723.
3. Grønbaek M., *et al.* "Mortality associated with moderate intakes of wine, beer, or spirits". *BMJ* 310 (1995): 1165-1169.
4. Haseeb S., *et al.* "Wine and Cardiovascular Health: A Comprehensive Review". 136 (2017): 1434-1448.
5. Iriti M and Varoni EM. "Cardioprotective effects of moderate red wine consumption: polyphenols vs. ethanol". *Journal of Applied Biomed* 12 (2014): 193-202.