

More than 30 international researchers endorsed with their presentations “the Mediterranean lifestyle” as one of the healthiest dietary and social patterns in the world, which also includes moderate consumption of wine, always with meals.

The validity of the “J” curve was reconfirmed with regards to the consumption of alcoholic beverages, total mortality, and cardiovascular diseases. This “J” curve indicates that moderate drinkers have a lower risk of total mortality than abstainers and heavy drinkers. This evidence had already been reported in many studies and meta-analyses during the last 30 years. Some recent large population studies, which excluded former drinkers or even included only current drinkers, showed the same results, refuting the more recent opinions that attributed the beneficial effects of low consumption to bias introduced by former drinkers. The latest Global Burden of Disease (GBD) study (2020), which corrects the 2018 GBD data where no safe level was put forward, reports that those over 40 years of age can benefit from moderate drinking (J-shaped curve) but young people should not consume alcoholic beverages.

- The Mediterranean Diet mainly contains vegetables, fruits, nuts, fish, olive oil and the use of local seasonal and unprocessed foods. Moderate wine consumption during meals is an important feature of this eating pattern. The Mediterranean Diet as the best preventive diet with respect to cardiovascular disease mortality and total mortality as well as for a greater life expectancy with fewer chronic diseases was highlighted.
- The “Mediterranean lifestyle” was also introduced, expanding the concept of moderation to many aspects of life, including physical exercise, stress management, quantity and quality of sleep, enjoying meals in good company and in combination with environmental sustainability and culinary pleasure.
- The importance of a good quality sleep was emphasized, a premise that has recently been included by the American Heart Association among the seven essential elements of health in addition to a healthy diet, weight control, blood pressure, lipids and glucose, exercise and not smoking.
- Concerning cancer, different ways in which alcoholic beverages can impact the cancer risk were presented. Although there is a linear relationship between excessive alcohol use and cancer, the effect of low doses is not as clear and is more controversial. Scientific evidence shows that low to moderate wine consumption does not increase the risk of some types of cancer when consumed in the context of the Mediterranean eating and drinking pattern and lifestyle.
- One of the most important conclusions is that the impact of moderate wine consumption on health can only be assessed correctly in the context of eating and drinking patterns and lifestyle factors (such as not smoking, exercising regularly, having a normal body weight), only looking at the average alcohol consumption will distort the risk.

Should you have any questions or need for more details, please contact us at info@lifestyle-wine-congress.com and we will redirect your request to one of the Scientists hereunder:

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