

Wine beats other types of alcohol in reduction of T2DM risk

17 May 2016



three alcohol types and type 2 diabetes. The peak risk reduction was seen for 20 to 30 g/day for wine and beer and for 7 to 15 g/day of spirits, with decreases of 20, 9, and 5 percent, respectively.

"This study indicated that wine may be more helpful for protection against type 2 diabetes than beer or spirits," the authors write.

More information: [Abstract](#)
[Full Text](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

(HealthDay)—Wine is associated with a greater decrease in the risk of type 2 diabetes than beer or spirits, according to a review published online May 11 in the *Journal of Diabetes Investigation*.

Jin Huang, Ph.D., from the Huazhong University of Science and Technology in Wuhan, China, and colleagues conducted a [systematic review](#) and meta-analysis to examine the relationship between intake of specific types of [alcoholic beverages](#) and incidence of type 2 [diabetes](#). Data were included from three prospective cohort studies, with 397,296 study participants and 20,641 cases of type 2 diabetes.

The researchers found that [wine consumption](#) correlated with a significant reduction in the risk of type 2 diabetes compared with no or rare alcohol consumption (pooled relative risks, 0.85), while consumption of beer or spirits was associated with a slight trend toward decreasing risk of type 2 diabetes (relative risk, 0.96 and 0.95, respectively). There was a U-shaped correlation between all

APA citation: Wine beats other types of alcohol in reduction of T2DM risk (2016, May 17) retrieved 18 May 2021 from <https://medicalxpress.com/news/2016-05-wine-alcohol-reduction-t2dm.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.