

SCIENTIFIC CONCLUSIONS

LIFESTYLE, DIET, WINE & HEALTH 2023

- The **Mediterranean Diet** is considering the healthiest diet, because essentially contains vegetables, fruits, nuts, fish, olive oil and wine in moderation during meals. Furthermore, it was introduced the concept of “Mediterranean lifestyle” extending the concept of moderation to many aspects of life, including exercise, stress control and sociability, in combination with environmental sustainability and culinary pleasure.
- **Importance of different dietary patterns, the synergy of some foods and the role of polyphenols.**
- It is vital to maintain **regular physical activity in all ages**, including brew intervals of moderate to intense exercise.
- The **quality of sleep must be good**, a premise that has recently been included by the American Heart Association on top of the previous seven health essentials (healthy diet; weight, blood pressure, lipids and glucose control; exercise and do not smoking).
- The **positive effect of the polyphenols on the interaction between gut and brain through the microbiota.**
- **The existence of a J-shaped curve for the alcohol consumption and the risk of mortality**, in comparison with abstainers, is reaffirmed. This curve has recently been reproduced in some new large population studies, which excluded former drinkers or even only included current drinkers, refuting some latest opinion trend that attributed the beneficial effects of low consumption to the bias introduced by former drinkers, usually with worse prognosis, in the control group. However, the beneficial effect of low doses is more pronounced when cardiovascular risk is considered, mainly myocardial infarction, and also when wine was compared to other beverages.
- The **reduction of myocardial infarction could be related to the effect of polyphenols on thrombosis.** Indeed, it was also remarked the positive effect of low doses on the incidence of diabetes or dementia.

- The recent **Global Burden of Diseases (GBD) Report** – the institution that launched the concept that there is no safe level of alcohol consumption in 2018 – explains that the risk is related to age and the geographical zone. The level of consumption equivalent to non-drinkers was near zero for the youth, but **showed a J-shape curve for individuals older than 40.**
- Regarding cancer, it was presented the different ways that alcohol may impact in the risk of cancer: direct, indirect and systemic. Although there is a linear relation between alcohol and cancer, the effect of low doses is not so clear and more controversial. There is data demonstrating that **low wine consumption does not increase the risk of some types of cancer, especially under a Mediterranean lifestyle**, a context where it has been shown to decrease the risk of breast cancer.