

Health Claims

A glass of wine a day

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Is this a relevant topic?



- Do people drink wine often enough for it to matter?
 - Holidays and celebrations
 - Festivals
- How significant is wine in the food industry?

Current knowledge of the Topic

Do people still claim that a glass of wine each day is good for you?

Popular magazines and websites:

- “The Guardian” : Extra Glass of wine a day will shorten your life by 30 minutes
- “Metro”.com (UK) : A glass of wine a day is not good for your health, 3 should be the Maximum
- “Vox”.com Is one drink per day Really Unsafe?



Current Knowledge of the topic

Reliable Sources

- Worldhealth.net: A glass of wine a day May Lead to earlier Death
- Scholarly journals: Light wine consumption is associated with a lower odd for cardiovascular disease in chronic kidney disease

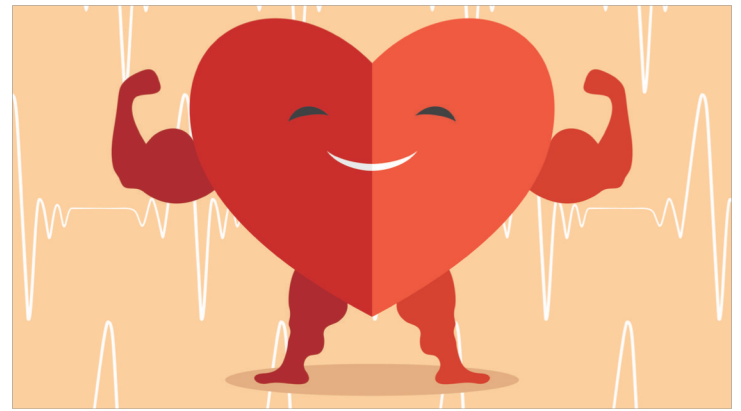


History of the Myth

- Where did wine originate?
- Who started the myth?
 - French paradox



Issue in Present Day



- **Benefits**

- a) **Reduces Heart Disease: Good Cholesterols(HDL) to remove Artery clogging LDL.**

- B) **Halts Cancerous cells: Antioxidant, Resveratrol**

- **Red vs. White**

- a) **Pip and skin**



Let's just Only Drink Wine!!!

- **Liver damage: Acute alcoholic Hepatitis**
 - a) Buildup of fat in the liver occurs**
 - B) inflammation on the liver and abdominal pain**
 - C) Nausea and vomiting**



Relating it back to meal managing

- Recommended wine serving
 - Males - 200 to 300 mL
 - Females - 100 to 200 mL
- Which wine to buy?
- Drink wine with a meal
- Other sources of antioxidants



Let's WINE down

1. Name two health benefits of red wine?
2. What is the recommended serving of wine for a male and female?
3. Which wine is recommended to reap all the benefits?
 - a. Malbec
 - b. Chardonnay
 - c. Merlot
4. What is the French Paradox?
5. What organ is affected by Acute Alcoholic Hepatitis?

