

Wine beats other types of alcohol in reduction of T2DM risk

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(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 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](#)
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