

Wine and Weight Loss?



Dave and Emily
Margulis
August 2009

Research shows that a drink of wine (about 4 oz.) or two a day might actually help you with your weight loss. In a nationwide survey researchers at the Mayo Clinic tracked drinking behavior and weight loss in approximately 8,200 people and found that those who had one or two drinks a day were 54% less likely to be obese than non-drinkers. It turns out that non-drinkers are twice as likely to be obese. But keep this in mind; people who have four or more drinks a day are about 50% more likely to be obese than non-drinkers.

The book, "The Wine Lover's Healthy Weight Loss Plan" by Dr. Tedd Goldfinger and Chef Lynn Nicholson is about helping people discover the benefits of wine as a part of their healthy lifestyle.

A glass of wine a day with your dinner won't add pounds, and could not only help you live longer, but aid in weight-loss. "It's a natural way of eating that allows you results that are clear without the feeling like you're on a diet," Goldfinger says. "It's a common sense approach: Eat less but eat better, in turn, be healthier and more resistant to disease. It's a lifestyle change." Wine stimulates brain activity and prevents Alzheimer's.

Several studies have found that light drinking, compared to non-drinking, protects against weight gain. Data reviewed by the National Center for Health Statistics points to one 4-ounce glass of wine most days is best. The antioxidants found in wine, particularly resveratrol, (a natural compound found in grapes and other fruits). Stimulate appetite and digestion, inhibit LDL

cholesterol and reduce blood clotting tendencies. Reduces inflammation and enhances immune functions.

Calories in wine differs in the different types of wine. Anywhere from 77 calories for a dry white wine to 103 for a sweet white. From 83 for a dry red, to 100 for a sweet red. As with anything the key is moderation. A 4 oz. glass of wine with your meal may very well be the best part of the meal: helping to keep off the pounds and enhancing the enjoyment of your dinner. Drink to your health.

Cheers!

Dave and Emily Margulis
Your Personal Wine Consultants
The Traveling Vineyard
Liwinetastingbydave@yahoo.com
www.myttv.com/DavidandEmily8623
631-889-0307