



SCIENTIFIC ARTICLE HIGHLIGHTS THE ROLE OF MODERATE WINE CONSUMPTION IN A HEALTHY LIFESTYLE

Brussels, 10 July 2025 – Following the success of the first and second international Lifestyle, Diet, Wine and Health Congresses in Toledo (2023) and Rome (2025), a scientific article titled *A Glass of Wine with My Dinner: A Narrative*, was published on 27 June 2025 in the *Journal of Epidemiology and Public Health* by three participating experts. The article is available through open access and provides a timely, evidence-based perspective on the intersection of wine, diet, and health.

Authored by Creina S. Stockley (University of Adelaide, Australia), Mladen Boban (University of Split, Croatia) and Pierre-Louis Teissedre (University of Bordeaux, France), the publication presents data from the two Congresses, summarising current research and clinical observations around moderate wine consumption.

This publication specifically examines the extensive medical and scientific evidence of the beneficial effects of the traditional Mediterranean-style diet and lifestyle, which incorporates moderate wine consumption as part of a balanced meal.

Creina Stockley, the lead author of the publication, says: *"The topic of alcohol consumption continues to be of great interest some 30 years after the French PARADOX was presented on national television. This topic, rather than becoming clearer for consumers, is now increasingly controversial for scientists and consumers alike. In 1992, Renaud and de Lorgeril were the first researchers to suggest that wine consumed with meals is associated with cardiovascular health benefits. This was later extended to include health benefits for other age-related diseases and was duly translated into a reduction in risk from all-cause mortality. Also known as the J-shaped curve, this relationship is only observed when alcoholic beverages such as wine are consumed moderately, generally considered as approximately 10 to 20 g per day for adult men and women."* She continues, *"Over the last few years, however, the term 'no safe level' has entered the public health discourse, implying to consumers that abstaining from all alcoholic beverages, with or without a meal, is the best choice for their health. This has led to modifications in drinking guidelines and policies. This publication seeks to address whether wine can remain an integral part of a balanced meal and a healthy lifestyle."*

The second congress focused on the latest evidence related to Mediterranean-style diets, healthy lifestyles, including the importance of sufficient sleep and exercise, dietary patterns, and responsible wine consumption. The new publication highlights the key themes and debates from this event, emphasising a holistic approach to health that involves balanced nutrition, physical activity, and cultural context.



"We are proud to share this open-access scientific publication, which not only reflects the latest science but also emphasises the importance of responsible wine consumption within the context of diet and lifestyle," said the Scientific Committee of the congress.

The full article is available here:

<https://www.wecmelize.com/journal/journal-of-epidemiology-and-public-health/articles-in-press>

About the Congress

The *International Lifestyle, Diet, Wine and Health Congress* is a biannual event dedicated to exploring the complex interactions between diet, lifestyle, and chronic disease prevention. It fosters international collaboration among researchers, policymakers, and health professionals.

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