



August 2018

Wine Institute Statement: Moderate Consumption

Wine Institute supports the recommendation in the U.S. Dietary Guidelines for Americans which advises moderate consumption for those who choose to drink. According to the Guidelines, if alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. This advice is supported by organizations including the [American Heart Association](#) and the [American Cancer Society](#).

Epidemiological data from hundreds of studies published over the past 40 years have consistently shown that moderate drinking is associated with a lower risk of cardiovascular diseases, diseases of aging and total mortality.

Wine Institute's long-standing position is that the health risks and benefits of wine and alcohol consumption should be based on scientific research and personal health assessments. Individuals should consult their physicians about the risks and benefits of alcohol consumption.

The 2015-2020 U.S. Dietary Guidelines for Americans, which are released jointly every five years by the U.S. Departments of Agriculture and Health and Human Services, serve as the basis for nutrition policy in the United States.

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