



Alcohol, Not Flavonoids, Drops Diabetes Risk

Greater intake of flavonoid-rich foods may not reduce the risk of diabetes in postmenopausal women, according to a new published study

Researchers from the University of Minnesota reviewed the link in 35,816 postmenopausal women between baseline diet (reported in 1986) and incidence of diabetes (self reported five times between 1987 and 2004). Cox proportional hazards regression was used to calculate hazard ratios for categories of different flavonoids and anthocyanidins, as well as intake categories of flavonoid-rich foods such as apples, broccoli, tea and red wine.

After multivariable adjustment, flavonoid consumption was not associated with diabetes risk. However, red wine intake was inversely associated with diabetes incidence, with women who reported drinking red wine more than once per week showing a 16-percent reduced risk of diabetes compared to women who consumed red wine less than once per week. Parallel findings were reported for white wine, beer and liquor, suggesting the protective effect may not come from the flavonoids, but from some nonflavonoid constituents common to all alcohol drinks.

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