

Moderate drinking is good for your health? Massive study of 333,000 people challenges belief that a few drinks a week protects you from heart problems

Red wine has antioxidants, we've been told, [so a few glasses are apparently 'good for you'](#). Other studies have suggested that low-to-moderate drinkers [are less likely to have a heart attack](#) than those who avoid drinking altogether. Wine is even [included \(in moderation\) in the Mediterranean diet](#), one of the healthiest food plans on the planet!

But a [new study](#) based on a huge data set from the United Kingdom now suggests that the J- or U-shaped curve of drinking is based on bad science; even having less than the currently recommended number of drinks per week in the UK is associated with an increased risk of cardiovascular issues.

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The researchers looked at data from the [UK Biobank](#) covering a staggering 333,259 alcohol consumers and 21,710 people who had never drunk alcohol.

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"Among drinkers of beer, cider, and spirits in particular, even those consuming under 14 units a week had an increased risk of ending up in hospital through a cardiovascular event involving the heart or the blood vessels," [says \[cardiovascular physiologist Rudolph\] Schutte](#).

"While we hear much about wine drinkers having lower risk of coronary artery disease, our data shows their risk of other cardiovascular events is not reduced."

[**This is an excerpt. Read the original post here.**](#)