

Study: Red wine helps burn fat

By Science Daily

Drinking red grape juice or wine – in moderation – could improve the health of overweight people by helping them burn fat better, according to a new study coauthored by an Oregon State University researcher.

The findings suggest that consuming dark-colored grapes, whether eating them or drinking juice or wine, might help people better manage obesity and related metabolic disorders such as fatty liver.

Neil Shay, a biochemist and molecular biologist in OSU's College of Agricultural Sciences, was part of a study team that exposed human liver and fat cells grown in the lab to extracts of four natural chemicals found in Muscadine grapes, a dark-red variety native to the southeastern United States.

Read the whole story