Health benefits found in white wine

Studies show white wine may be beneficial to one's health. Photo Copyright 2015 Carolyn E. Wright

By Ariana Eunjung Cha, Washington Post

Throughout the years scientists have documented the benefits of red wine — for heart health, cholesterol control and possibly even cancer prevention — in numerous studies. But what about its cousin, the white kind?

The short answer is that the evidence supporting white wine's health benefits, while still limited, is growing. While previous studies on the elixir have been mostly focused on testing in animals or on testing the components of the drink itself, scientists have recently reported on two randomized clinical trials that found good news for white wine enthusiasts.

The first study, called In Vino Veritas (In Wine, Truth) involved tracking 146 subjects half of whom drank pinot noir, and half of whom drank a white chardonnay-pinot over a year. The researchers reported at a European Society of Cardiology meeting last year that those who worked out twice per week and

drank wine — either kind — saw a significant improvement in cholesterol levels.

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