

Study: Wine may help control type 2 diabetes

By Allison Aubrey, NPR

If you're in the habit of drinking wine with dinner, there may be a bonus beyond the enjoyment of sipping a glass at night.

A study published in the *Annals of Internal Medicine* adds to the evidence that drinking a moderate amount of wine can be good for your health. The evidence comes from a two-year-long study on people with diabetes.

Researcher Iris Shai of Ben Gurion University says in Israel and elsewhere, lots of people with diabetes get the message that alcohol – even in moderation – can be harmful.

Shai found that compared to people who drank mineral water with dinner, the wine drinkers – both those who drank white and red – benefited from improvements in blood sugar control.

[Read the whole story](#)