

Special Issue

Effects of Wine and Soft Drinks on Human Health

Message from the Guest Editors

Several studies and meta-analyses have described a J-shaped curve for alcohol consumption and life expectancy. However, more recent data, encompassing populations from the six continents, have shown a proportionally direct increase in the risk of cancer and other diseases with alcohol consumption, even moderately. Some of the previously described benefits have been attributed to the worse prognosis of former drinkers, but other factors such as the lifestyle, diet, pattern of consumption, and wellness of a country and the type of alcoholic beverage consumed may influence health in different ways, preventing a generalization of these results. Therefore, controversy still exists regarding the beneficial or detrimental effects of moderate alcohol consumption on the health and the role of the non-alcoholic components of some beverages, particularly the polyphenols present in wine and beer, demonstrating that further research is necessary to elucidate this controversy.

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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