

Special Issue

Lifestyle, Diet, Wine and Health

Message from the Guest Editors

The role of moderate wine consumption within a healthy diet and lifestyle continues to be debated. While earlier studies suggested a J-shaped relationship between wine intake and health outcomes, more recent evidence has questioned whether any level of alcohol consumption can be considered safe. Many studies have also not fully considered differences in beverage type, drinking patterns, or overall lifestyle factors. Although alcohol is classified as a carcinogen, wine contains bioactive compounds, particularly polyphenols, which exhibit antioxidant and anti-inflammatory properties. When consumed in moderation as part of a healthy lifestyle—including a balanced diet, regular physical activity, and non-smoking habits—wine may be associated with improved longevity and a reduced risk of chronic diseases. Building on insights from the Lifestyle, Diet, Wine and Health Congresses, this Special Issue aims to summarize current evidence on moderate wine consumption within the Mediterranean diet, its bioactive components, consumption patterns, and interactions with lifestyle factors and health outcomes. We welcome original research articles, reviews, and short communications.

Guest Editors

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Prof. Dr. Ramón Estruch
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Ursula Fradera

Deadline for manuscript submissions

5 July 2026



Nutrients

an Open Access Journal
by MDPI

Impact Factor 5.0
CiteScore 9.1
Indexed in PubMed



mdpi.com/si/264807

Nutrients
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Message from the Editorial Board

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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