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The relationship between consumption of fermented alcoholic beverages, eating patterns and anthropometric parameters in elderly patients at high cardiovascular risk

Margarita Ribó-Coll¹, Rosa Casas^{1,2}, Irene Roth¹ and Ramón Estruch^{1,2}

¹Department of Internal Medicine, Hospital Clinic, Institut d'Investigació Biomedica August Pi i Sunyer, Universitat de Barcelona, Barcelona, Spain and

²CIBER CB06/03 Fisiopatología de la Obesidad y la Nutrición, (CIBERobn) Instituto de Salud Carlos III, Madrid, Spain

Abstract

Background: Several studies have shown that moderate consumption of wine (W) or beer (B) could have beneficial effects on cardiovascular disease (CVD). It has been observed that the food pattern and anthropometric parameters in W or B consumers may be different from non-alcoholic drinkers (NAD), in populations from North of Europe and USA.

Objective: The main objective of this study was to evaluate the dietary pattern and anthropometric parameters among consumers of W, B and NAD, in an elderly population at high cardiovascular risk.

Methods: 4940 participants recruited from the Predimed trial, a 5-year parallel group, multicenter, randomized, controlled clinical trial, were evaluated. We used data from a validated Food Frequency Questionnaire with 137 items, that included the amount and type of alcoholic beverage consumed. Adherence to traditional Mediterranean diet also was evaluated using a validated 14-point score test as well as anthropometric parameters (height, body weight and waist perimeter) measured using standard methods.

Results: Comparisons among groups showed that W drinkers had a higher adherence to the Mediterranean Diet than drinkers of B and NAD ($P < 0.001$; both). On the other hand, the drinkers of W showed also lower body weight and body mass index (BMI) than B and NAD drinkers ($P < 0.001$; both).

Conclusions: Moderate wine consumption is associated lower body weight and BMI and a higher adherence to Mediterranean diet. Accordingly, W drinkers could have extra beneficial effects on CVD than others alcoholic beverages.

Conflict of Interest

There is no conflict of interest