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## Effects of Wine and Soft Drinks on Human Health

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### **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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**Special** Issue



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