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5- C

B) Segurança Alimentar e Nutricional:

1- C
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Wine and beer within a moderate alcohol intake is associated with higher levels of HDL-c and adiponectin

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ABSTRACT

The scientific evidence available on the association between moderate alcohol intake and levels of blood cardiometabolic markers is still inconsistent and difficult to interpret for future disease prevention. However, we hypothesize that moderate consumption of alcohol is associated with lower levels of inflammation markers and higher levels of protective cardiometabolic markers. Thus, this work aimed to examine the associations of moderate alcohol intake and the type of alcoholic beverage with metabolic and inflammatory biomarkers. An observational, cross-sectional study including 143 apparently healthy adults 55 years of age and older was performed. Interviewer-administered questionnaires were used to collect information on alcoholic beverage intake frequency, food frequency, physical activity, socioeconomic status, diseases and medications, and other health-related habits. Three groups were established prior to recruitment: (1) abstainers and occasional consumers (ABS, n = 54); (2) beer consumers (BEER ≥80% of total alcohol intake; n = 40), and (3) mixed beverage consumers (MIXED; n = 49). Univariate analysis of variance models, adjusted for confounding factors and covariables, were performed. High-density lipoprotein cholesterol (HDL-c) and sP-selectin were significantly higher in the MIXED group than in the ABS group, and adiponectin was higher in the MIXED group compared to the BEER group. All alcohol consumers also had higher mean platelet volume values compared to ABS. In linear regression analyses, HDL-c, sP-selectin, and adiponectin were positively associated with wine intake (g/d) ($P < .001$, $P = .014$, and $P = .017$, respectively); and mean platelet volume, with beer intake ($P = .017$). In conclusion, this cross-sectional study showed that moderate alcohol intake is associated with higher levels of HDL-c and adiponectin compared to those in abstainers, which are mainly explained by wine intake.

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