



Moderate Wine Consumption and Gastrointestinal Diseases

Background: This work is part of a broader series of scientific literature reviews on the impact of vitivinicultural products on human health. It aligns with Axis 6 of the OIV Strategic Plan 2025–2029, which aims to contribute to consumer safety and enhance understanding of the relationship between wine, vine, and society. The review is supported by the OIV Resolution OIV-SECSAN 563-2015, which encourages research on the effects of moderate wine consumption—particularly concerning phenolic compounds and alcohol on health.

The present review focuses on the relationship between wine consumption and gastrointestinal (GI) diseases, following up on the 2024 review addressing immune-mediated diseases and moderate wine consumption. This initiative was launched in 2023 by the expert group “Consumption, Nutrition and Health,” with preliminary results presented in 2024 and the comprehensive review validated in 2025. The final paper was peer-reviewed and published in the *Journal Nutrients* in May 2025.

The objective was to assess the current scientific evidence regarding the influence of alcoholic beverages, especially wine, on the incidence and severity of GI disorders. The review highlights studies that explore both potential benefits and risks of moderate wine consumption in relation to conditions such as Celiac Disease, Gastritis and Gastroesophageal Reflux Disease, Gastrointestinal Motility Disorders, Inflammatory Bowel Diseases (including Crohn’s Disease and Ulcerative Colitis), Irritable Bowel Syndrome, and Microscopic Colitis.

Abstract: By conducting a narrative review of the scientific literature, the authors of this study sought to verify whether there were sufficient data to answer the following question: “Can wine positively or negatively influence the incidence and severity of disorders associated with gastrointestinal (GI) diseases?”. In this review, most of the studies considered tested different alcoholic beverages (other than wine), not always reporting in the conclusions the possible difference in the extent of symptoms. Although alcohol certainly plays a central role in influencing the oesophageal and gastric environment, no studies evaluating the role of alcohol as such were included, since the aim of the review was to understand whether wine can be moderately consumed by patients with gastrointestinal diseases. The analysis of studies selected from the main reference databases indicates that even moderate wine consumption can be a source of discomfort in subjects with the GI diseases included in this review (gastritis and gastroesophageal disease, gastrointestinal motility, inflammatory bowel disease, irritable bowel syndrome, and microscopic colitis). This does not mean that a certain percentage of patients cannot tolerate moderate amounts of alcoholic beverages; however, discussion with the family doctor or specialist is essential to identify the correct diet in which to include or exclude the consumption of wine. One of the limitations of this review is the low number of studies available, at least for some of the pathologies considered. It is important to emphasise, however, that some selected epidemiological studies, which include many subjects (even over 100,000), can provide useful information from a scientific point of view.

Keywords: gastrointestinal diseases; wine; alcoholic beverages; inflammatory bowel disease or IBD; irritable bowel syndrome or IBS; gastroesophageal disease or GERD.



Reference: Restani, P., Di Lorenzo, C., Antoce, A. O., Araujo, M., Bani, C., Mercogliano, F., Ruf, J.-C., Kosti, R. I., & Teissedre, P.-L. (2025). Moderate Wine Consumption and Gastrointestinal Diseases. *Nutrients*, 17(10), 1608. <https://doi.org/10.3390/nu17101608>

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