

WINE SPECTATOR'S
WS HEALTHY LIVING

EAT & DRINK WELL

THE TASTING ROOM



BY
WINE SPECTATOR

Tasting Rooms Are Waiting to Welcome You!

Harvest time is here, and it's the best time to visit wine country. Come see what our winery partners have to offer, from unique tasting room experiences, exciting winemaking styles and fantastic wines: [Baldacci Family Vineyards](#), [Browne Family Vineyards](#), [Cliff Lede Vineyards](#), [Gloria Ferrer Caves & Vineyards](#), [Lake Sonoma Winery](#), [Lange Estate Winery](#), [Migration Wines](#), [Newton Vineyard](#), and [Robert Mondavi Winery](#).

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—John Harans

Transport yourself to Italy's Amalfi Coast with this luxurious take on a vegetarian pasta dish.

Spaghetti with Zucchini and a Tuscan White

Make the most of late-summer zucchini with this light, simple-yet-indulgent pasta with a short ingredient list. This riff on a classic dish from the island of Capri is perfectly suited for weeknight dinners. It's healthy, yet feels like a treat, and it takes just 30 minutes to make. [Get the recipe and wine pairing!](#)



Ask Wine Spectator

Q: As wine ages, do its health benefits change?—*Lynn, Mexico City*

A: Wine undergoes a variety of chemical changes as it ages, some of which still aren't clearly understood. In red wine, tannins, which are themselves a type of polyphenol, join together (or polymerize) to form larger, chain-like molecules. Some of these fall out of the wine as sediment, which is why it's advisable to decant many (but not all) older wines. Other molecules undergo their own reactions, and those that remain in solution may contribute to the mouthfeel, flavor and aroma that make older wines, both red and white, so appealing to many drinkers. In particular, we have these complex chemical reactions to thank for the tertiary aromas and flavors such as truffle, leather, forest floor and beyond that fans of mature wines love.

It's unclear what all of this means for wine's potential health benefits. Dr. Roger Corder, emeritus professor of experimental therapeutics at Queen Mary University of London and author of *The Red Wine Diet*, has suggested that the main cardioprotective molecules in wine are procyanidins. Dr. Corder found that "grape pip procyanidins had potent effects on blood vessel function that could account for the ability of red wine to prevent heart disease." Moreover, young, red wines with pronounced tannins contain the highest concentration of these procyanidins—and therefore seem most likely to confer a health benefit. According to Dr. Corder, "Aging of red wines to the point where these tannins precipitate and form a deposit will certainly result in a reduction of the protective properties of procyanidins."

That said, research into procyanidins and other polyphenols is still ongoing—and it's especially unclear how older whites may gain or lose health benefits. [Learn more.](#)—*Kenny Martin*

Have a question about wine and healthy living? [E-mail us.](#)
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—iStock/Mediaphotos

Wine can be part of a healthy, balanced diet.

How Does Wine Affect Your Waistline?

Whether you want to slim down, you're planning a total body transformation or you're just trying to avoid gaining a few extra pounds, there are a lot of conflicting notions about the relationship between wine and weight. The overabundance of research, articles and opinions can make it tough to decide if you need to change your drinking habits. [Read Wine Spectator's tips for incorporating wine into a healthy diet.](#)



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