

Moderate Drinking Provides No Health Benefits

Consuming one or more alcoholic drinks per day increased one's risk of death and provided no health benefits, according to a study.

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Despite [previous reports](#) suggesting that moderate [alcohol consumption](#) might provide health benefits, a recent analysis of more than 100 alcohol research studies involving nearly 5 million individuals found that moderate drinking provides no significant health benefits and increases one's risk for death. This is especially true for women, according to a [Healthline article](#) about a recent meta-analysis.

Moderate drinking is typically defined as no more than one drink a day for women and no more than two drinks for men, according to the [Centers for Disease Control and Prevention](#). A drink is defined as 5 ounces of wine, 1 and a half ounces of hard alcohol or 12 ounces of beer.

Published in [JAMA Network Open](#), the study found that those who drink more than 2 ounces of alcohol per day had the highest risk for death, about 35% higher than those who drink less. Women who drink more than 2 ounces of alcohol a day saw a 61% increased risk for death.

Previous studies have reported that people who drink moderately had [slower cognitive decline](#) and a [lower risk for heart attack or stroke](#) compared with those who never drank or drank heavily, according to Healthline.

This analysis, however, found no link between moderate alcohol consumption and a lower mortality risk.

What's more, casual drinking may increase one's [risk of getting cancer](#). Women who consume one alcoholic drink per day have a 5% to 9% higher risk of developing breast cancer compared with those who do not drink, according to the [National Institute of Alcohol Abuse and Alcoholism](#).

Study researchers hope this analysis will open people's eyes about the health impacts of alcohol consumption and help reduce the harm caused by moderate to heavy alcohol consumption.
