# Study challenges the health benefits of red wine over white wine



A newly published study from researchers at Brown University challenges the long-held belief that red wine is a healthier choice compared to white wine, particularly concerning cancer risk. The study, co-led by Eunyoung Cho, an associate professor of epidemiology and dermatology at Brown, involved a comprehensive meta-analysis of various epidemiological studies to investigate the relationship between wine consumption and cancer risk.

The researchers included data from 42 observational studies involving nearly 96,000 participants. Their findings revealed a risk ratio for red wine of 0.98, while for white wine, it was 1.00. This indicates that neither type of wine demonstrated a statistically significant effect on overall cancer rates. Cho highlighted that the minimal benefits associated with resveratrol, an antioxidant linked to red wine, may be negated due to its rapid metabolism in the human body.

Despite these findings, the researchers identified a notable distinction: the consumption of white wine was linked to an increased risk of skin cancer, while red wine did not show the same risk. Specifically, the analysis suggested that white wine drinkers had a 22% higher risk of developing skin cancer compared to those who consumed red wine, with a risk ratio of 1.12 identified within the cohort studies.

Cho noted the potential connection between heavy alcohol consumption and risky behaviours, such as inadequate sunscreen use, which could contribute to the heightened skin cancer risk among white wine drinkers. Another hypothesis posits that white wine may result in higher levels of acetaldehyde, a compound produced during alcohol metabolism, which is considered carcinogenic. While the Brown study did not measure acetaldehyde levels in red versus white wine, previous research in "Food Science and Biotechnology" suggests that acetaldehyde is more prevalent in white wine due to differences in fermentation processes.

The analysis also indicated a stronger correlation between white wine intake and increased cancer risk among women. In a separate statement, the researchers underscored the significance of their findings, which they described as the first study of its kind, urging further investigation into the associations between white wine consumption and cancer risk, particularly in female populations.

Reflecting on the implications of the study, Cho stated that "there are no safe alcoholic beverages in terms of cancer prevention." When questioned about whether the study had influenced her personal habits regarding alcohol consumption, she stated, "Not really, as I don't drink often. Not drinking alcoholic beverages is one of the best practices for cancer prevention."

The research contributes to an ongoing discussion around wine consumption, health implications, and cancer risk, suggesting that many assumptions about red wine's superiority may warrant re-evaluation. Further studies could illuminate the complex relationships between different types of alcoholic beverages and health outcomes.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.sciencedaily.com/releases/2025/03/250310131644.htm> - This article supports the claim that a study from Brown University found no significant difference in cancer risk between red and white wine overall, but noted an increased risk of skin cancer associated with white wine consumption.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC10311201/> - This article does not directly relate to the wine study but is included as it was part of the search results; however, it discusses digital evidence in criminal cases and is not relevant to the topic of wine and cancer risk.
* <https://ascopost.com/news/march-2025/study-finds-no-clear-evidence-that-red-wine-mitigates-cancer-risk> - This article corroborates the findings of the Brown University study, highlighting that red wine does not mitigate cancer risk and that white wine consumption is associated with an increased risk of skin cancer.
* <https://www.federalregister.gov/documents/2024/04/22/2024-07496/guidance-for-federal-financial-assistance> - This document provides guidance on federal financial assistance and does not relate to the topic of wine consumption and cancer risk.
* <https://waysandmeans.house.gov/wp-content/uploads/2024/08/Report-of-the-Impeachment-Inquiry-of-Joseph-R.-Biden-Jr.-President-of-the-United-States.pdf> - This report is unrelated to the topic of wine consumption and cancer risk, focusing instead on an impeachment inquiry.