Drink a pint of BEER every day to prevent stroke and heart disease

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DRINKING a pint or two of beer a day could reduce the risk of having a stroke or developing cardiovascular disease by slowing the decline of good cholesterol, experts have said.

A study has revealed moderate drinking - for example a pint of beer a day - could slow down the decline of high-density lipoprotein (HDL) - which is also known as good cholesterol.

Cholesterol is waxy substance produced mainly in the liver, although most body cells can make it when necessary.

It is vital for health as it is used to make hormones, vitamin D, bile acids and cell membranes but there are two main types of cholesterol - good HDL cholesterol and [bad LDL cholesterol.](http://www.express.co.uk/life-style/health/668896/how-to-lower-cholesterol-garlic)

Good HDL-cholesterol removes LDL-cholesterol from the circulation and transports it back to the liver for processing.

But bad cholesterol has been linked with an increased risk of cardiovascular disease (CVD) such as [heart attack and stroke.](http://www.express.co.uk/life-style/health/715687/heart-disease-risk-higher-job-Bupa-scheme)

A study presented at the American Heart Association’s Scientific Sessions 2016 has shown the reduction of HDL in the body could be slowed by a drink.

The study analysed 80,000 healthy Chinese adults, following their consumption of alcohol and HDL levels for more than six years.

Researchers grouped the adults by self-reported drinking status, from never, to heavy drinking - which classed as more than one daily serving of alcohol for women and more than two daily servings for men.

10 foods to prevent heart disease

They found HDL levels decreased over time in all participants, but moderate alcohol consumption was associated with a slower decline compared to non-drinkers or heavy drinkers.

The study also revealed moderate drinkers, which includes men drinking one to two alcohol servings daily and women a half to one serving daily, had the slowest decline – 0.17 mmol/per year.

However, heavy drinking nearly eliminated this benefit with only .0008 mmol per year decline.

The researchers also looked at whether the benefits of alcohol consumption depended on the type alcohol consumed.

They found levels of HDL also decreased more slowly with moderate beer consumption, however it wasn’t the same for those whose favourite tipple was a spirit.

Among hard liquor drinkers, only men drinking less than one serving a day, women drinking less than half a serving resulted in slower rates of HDL decline.

There weren’t enough wine drinkers to test wine’s effects on HDL, researchers said.

Further studies are needed to determine if this effect is observed in other populations, such as a U.S. population, and whether there are significant and clinically-relevant outcomes based on the type of alcohol consumed.

The American Heart Association recommends consuming alcohol in moderation if you already drink but cautions people to not start drinking and consult your doctor on your risks and benefits of consuming alcohol in moderation.