



### Grilled Yogurt-Marinated Chicken and Chardonnay

Planning a backyard barbecue? Check out this simple, healthy recipe for grilled chicken. A tangy marinade of yogurt and smoked paprika keeps things flavorful, while a whole grain salad loaded with veggies makes a great alternative side dish to heavier potato or pasta salads. Pour a California Chardonnay alongside for a great match.

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## Q & A

**Q: How many glasses of red wine a day is the line between good for your health and bad? – Robert**

**A:** Unfortunately, there is no magic number of drinks that can be considered the threshold between healthy and unhealthy drinking; as recently as 1990, the U.S. Dietary Guidelines, which are updated every five years, claimed there was "no net health benefit" to any amount of alcohol consumption. An Australian study recently stated that even moderate alcohol consumption—which the Dietary Guidelines define as an average of up to one drink a day for women and up to two for men—carries increased cancer risks. Today, however, the U.S. Dietary Guidelines state that moderate consumption reduces mortality risk, and can help keep brain function intact in middle-aged and older adults, though they add that no one should start drinking for health reasons. A meta-analysis of 34 alcohol and health studies, published in 2006, agrees with that premise, even allowing as many as two drinks a day for women and four for men to count as "moderate." —Ben O'Donnell

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## Olive Oil's Secret Weapon

Since the coining of the term "French Paradox" in 1992, researchers have been examining various aspects of the so-called "Mediterranean diet" to discover why the people of southern Europe live longer, with fewer cases of heart disease, than Americans and Northern Europeans. A new study from Yale University School of Medicine has identified oleuropein, a component in olive oil, as a possible factor. [Read the full story here.](#)

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**Note:** Wine Spectator makes no medical claims and recommends you consult with your doctor about the effects of wine consumption on your health.

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