

Reporter: Study finds Red wine can improve heart health of people with type 2 diabetes. Marlie Hall takes a look at the research.

Marlie Hall: 51 year old Garret Rubin says he has to watch out for everything in his diet, since being diagnosed with type 2 diabetes

Garret Rubin: Fats, and salt, and sugar.

Marlie Hall: Now a new large study published in the annals of Internal Medicine says; a daily glass of red wine may actually help people with type 2 diabetes.

Dr. Sood: One to two glasses of red wine for men, and up to one glass of red wine for women, daily at dinner, over a two-year period, resulted in lower blood sugar.

Marlie Hall: Red wine also modestly increased levels of HDL, or good cholesterol, and lowered overall cholesterol. Dr. Minisha Sood says researcher's have known for a while; moderate amounts of alcohol are fine for diabetics, but the jury was out on which kind of alcohol had the most benefit.

Dr. Sood: So it is the phenols, it is the resveratrol, the tannins; they all work together they all work together with the ethanol, possibly, to result in these positive changes.

Marlie Hall: Ruben says diet, exercise, and medication are still his first line of defense, but now;

Garret Rubin: Now, since I have a choice; I think red wine might be the thing.

Marlie Hall: Marlie Hall, CBS News New York.