

NEWS RELEASE

**For immediate release:
18 July 2016**



The Australian Wine
Research Institute

AWRI researchers win award for work on anthocyanins and human health

The Australian Wine Research Institute (AWRI) this morning received a Tanner Award for the most-cited paper published in the journal *Comprehensive Reviews in Food Science and Food Safety* in 2013.

The paper, entitled 'The case for anthocyanin consumption to promote human health: a review', was published with scientists from the Edmund Mach Foundation in Trento in Italy. It provides a comprehensive appraisal of the literature on the human health effects of anthocyanins – the red-coloured compounds found in berries, red grapes and red wine.

AWRI Managing Director, Dr Dan Johnson, received the award on behalf of the other authors, commenting, "It is particularly pleasing to receive an award based on peer citations from a journal working across food science. The award is also testament to the importance of scientific collaboration to achieve excellent outcomes. "

"This work on anthocyanins with the Edmund Mach Foundation, partly funded by the SA State Government, is just one example of the many national and international collaborations the AWRI is involved in that are delivering results for the Australian wine industry."

Dr Creina Stockley, who leads the AWRI's research and industry support in the area of wine and health, said "The evidence for health benefits from consuming anthocyanins is strong, with effects throughout the body including action against cancer, diabetes and obesity and protection for the cardiovascular and neurological systems. Inclusion of anthocyanin-rich foods and beverages as part of a healthy diet and lifestyle could have major benefits in public health."

The Tanner Awards were launched in 2014 to celebrate the most cited papers in journals published by the Institute of Food Technologists. The name of the award honours Fred Wilbur Tanner (1888-1957) who was the first editor of the journal *Food Research*.

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The Australian Wine Research Institute is the Australian grape and wine industry's own research organisation. It supports a sustainable and successful grape and wine industry through world class research, practical solutions and knowledge transfer. Website: www.awri.com.au.