

## **Red Wine** (Beverage)

**Interesting facts:** One of the things that you can tell by looking at the color of the wine is the region and climate where the grape vine is located. Darker shades of wine, namely the darkest reds and yellow whites come from warm climates. Lighter colors come from cooler climates and taste lighter and less lush.

Women usually tolerate less alcohol than men, but this has nothing to do with their body weight or size. If a woman and a man of the same size and build drank the same amount of wine, the woman would still show a higher blood alcohol concentration (BAC). This is because women have a higher fat content than men and fat does not absorb any alcohol. The intoxicant therefore spreads to less liquid, leading to a higher BAC.

Red wines are known to contain many beneficial antioxidants such as polyphenol and resveratrol that have cardio-protective effects and anti-cancer properties. Grape skin is especially rich in antioxidants. Since red wine is fermented together with its skin, it has more antioxidants than white wine which is processed without its skin. White wine does not have as much antioxidants, but it often has less percentage of alcohol. So, don't drink more than 1 or 2 glasses of wine per day!

**How to select:** Standard wines are grown with pesticides, while organic wines are free of most of these toxins. Organic wines are also free from additives and do not contain sulfites, which many people can be sensitive to. Try and find Biodynamic wines whenever possible. The term "biodynamic" refers to both the agricultural methods employed to grow the fruit and the post-harvest processing.

**How to consume:** An occasional glass of wine with dinner is fine. Try to limit it to one 4-ounce glass with food for women and two 4-ounce glasses for men.