

# THE ENTH DEGREE

## TO YOUR HEALTH | CUTTING THROUGH THE FACT AND FICTION OF WINE'S IMPACT ON YOUR BODY.

**O**t seems that you can't pick up a newspaper or magazine these days without reading a report on wine and health that contradicts the results of a previous study. What's a wine lover to do? Stick with these simple and sensible guidelines:

**Don't pay too much attention to the color.** Much has been written about how red wine contains more antioxidants than white wine because of increased skin contact during fermentation. However, it's also believed that a grapes' pulp—not just the skin and seeds—also contains these cardiovascular boosters. Bottom line: drinking white, red or rosé wines can keep you heart healthy, so sip what you like.

**Watch the pour.** A five-ounce pour is considered the standard size for a glass of wine. Keep that in mind if you have a set of those oversized wine glasses that can hold upwards of twenty-one ounces per glass. And remember that the USDA recommends no more than one serving of alcohol per day for women, and two for men.



**Enjoy your wine with a meal.** Ideally, consume your daily glass of wine with dinner. This allows you to process the alcohol more quickly, but beyond that, you will discover how the food brings out the wine's subtle nuances. And, enjoying wine with a meal encourages you to truly savor your food, chewing it properly instead of gulping it down.

**Watch the alcohol content.** The average glass of wine has about 12% ABV (alcohol by volume). Big reds such as Zinfandel can have as much as 16%, while German Kabinett Rieslings can have as little as 8%. A glass of white or light red wine, or sparkling wine, is a smart choice if you are watching caloric and alcohol intake.

**Propose a toast to your mind and soul.** Beyond the physical health benefits, there is also evidence that a glass of wine a day can boost your brainpower, according to a study by *The New England Journal of Medicine* published in 2005. And wine lovers everywhere would agree that drinking wine encourages relaxation and good conversation. Now *that's* something to toast.

—KELLY MAGYARICS