

## White wine VS red wine – is one worse for our health?

There are many myths & opinions out there regarding how wine affects our body – Does the colour of our wine make any difference? Some of the questions I get asked a lot regarding wine & health is:

1. Do certain people become more ill from drinking red wine than white wine?
2. Is there any difference in calories between red wine & white wine?
3. Does red wine make us sleepy, while white wine make us livelier?

Many wine lovers have strong opinions, regarding these questions – However, I am now going to crush every myth, based on knowledge in wine.

1. In the vast majority of instances, there is no difference in the downside effects of drinking red wine versus white wine. It all comes down to the amounts you drink & whether you remember to drink water meanwhile.

The main difference between white wines & red wines is the colour, coming from the grape skin of the red wine grapes. Red wine skins contain a compound called tannins – it is what makes the drying sensation in your mouth when you drink red wine (note there is a difference between a dry wine & a wine with a drying effect). Many people claim to be allergic to tannins –



hence they react badly to red wine. However, they are perfectly fine with drinking several cups of coffee, tea and eat fruit & chocolate – all containing high amounts of tannin. I am not the one to tell you whether you are allergic to tannins, but chances are high you are not if the only times you find yourself having an allergic reaction is when drinking red wine.

To conclude, there is no scientific evidence of red wine being any worse for your health - & your headache is more likely to be caused by dehydration & alcohol intake.

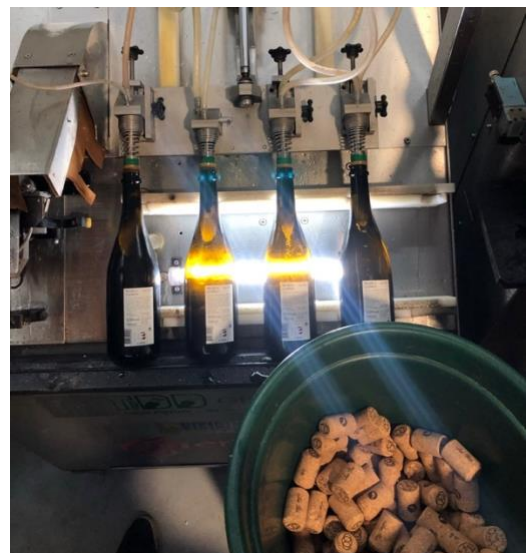
2. Here is another question with many opinions. To break it down for you, there are two sources of calories in a wine; alcohol content & sugar content, and the first mentioned usually contributes to the majority. Most wines are dry wines, where the sugar content is between one to five g/L. Even wines with slightly more sweetness, example 15 gram per Liter, makes a significantly small difference in calorie content – in fact these 15 gram/ L only stand for 45 of the total calories in a wine bottle.

The colour of a wine makes no difference in the calorie content. If you want to find a low – calorie wine, there is only one thing to look for: low- alcoholic wines. To give you three examples:

A dry red wine, containing 1,4 gram of residual sugar per Liter & 15% of alcohol, contains 592 calories per bottle.

While a dry white wine, containing 1,4 gram of residual sugar per Liter & 12% alcohol contains 465 calories per bottle.

A medium sweet wine, containing 28 gram of sugar per Liter and 10% alcohol, contains 468 calories per bottle.



3. Again, there is no difference in the effect red wine & white wine have on our mood – the reason people often have this belief is the situation they associate with each drink; People think of red wine as something you drink tucked into the sofa, by the fire or at dinner. People associate white wine with summer parties or pre drinks before going out. This goes to show how easily tricked the human brain is; With this in mind, you can drink red wine and white wine in whatever situation you desire!

As we all know, alcohol is addictive, and some people have easier to get addicted than others; Know your limits and do some weeks without any alcohol if you feel like you are using it as an escape rather than for enjoyment or celebration. If you are uncertain whether your alcohol intake is turning into a drinking problem, make an appointment with your doctor. The recommended weekly limit by [nhs.uk](https://www.nhs.uk) is no more than 14 units of alcohol a week, which is equivalent to one and a half bottle of wine each week.

Drink in moderation and enjoy the type of wine you desire! For further information about how to find the nutritional values of a wine or how wines affect your health, get in touch!

Cheers!

