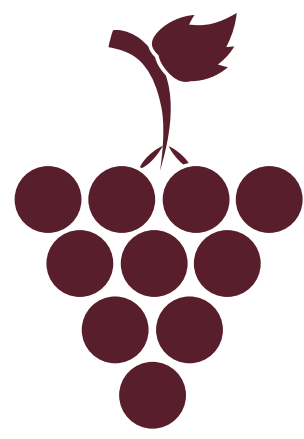
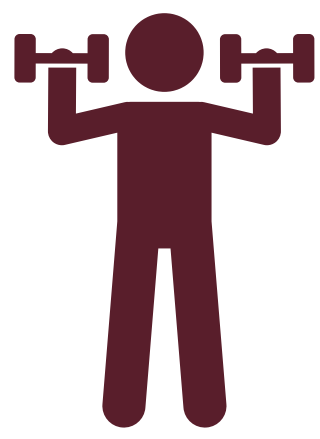


# Wine & Wellness

Did you know? You don't have to give up wine to lose weight. Here's what you need to know about wine, weight gain and how you can fit your favorite wines into your wellness plan.



## Can I Drink Alcohol If I Want to Lose Weight?

Yes! Alcohol itself is NOT fattening. Most wine is NOT high in carbohydrates. Therefore most wine is NOT fattening. Pure alcohol has 7 calories per gram, whereas fat has 9 calories per gram, carbs have 4 calories per gram, and protein has 4 calories per gram.

## The Truth About Alcohol and Weight Gain

When you drink alcohol, your body will prioritize the processing and elimination of alcohol before any food sources that are waiting in the pipeline.

Because alcohol is prioritized in the digestion process, food takes a backseat in the metabolic process. If your body doesn't need the excess calories from your meals, those calories will be stored as fat.

Therefore, weight gain comes from the caloric surplus when food and alcohol are combined.

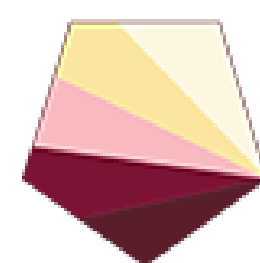
## The Key is Moderation

The key, as they say, is moderation. Making the flexibility in your diet to accommodate a few drinks throughout the week will keep you satisfied and make your diet easier to stick to. In addition to that, moderating alcohol consumption will protect against hangovers.

## Wine Recommendations

If you want to make room for some wine or alcohol, skip out on sweet designer cocktails and try the following low-carb, low-calorie wines.

- **Brut (Dry) sparkling wines and Champagnes-** These wines typically have 1-3 carbohydrates and 100 calories per 5oz glass. Examples: Taittinger Brut La Française, Poema Cava Brut, Bouvet Ladubay Signature Brut
- **Dry white wines and rosé-** These wines typically have 1-4 carbohydrates and 115 calories per 5oz glass. Examples: Louis Jadot Mâcon-Villages, AIX Rosé, Craggy Range Sauvignon Blanc
- **Dry red wines-** These wines typically have 3-5 carbohydrates and around 125 calories per 5oz glass. Examples: Bodega Norton Reserva Malbec, Sequoia Grove Napa Valley Cabernet Sauvignon, St. Francis Sonoma County Old Vines Zinfandel



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