

10 QUESTIONS ABOUT CARBS IN WINE YOU WERE AFRAID OF (10 ЗАПИТАНЬ ПРО ВУГЛЕВОДИ У ВИНІ, ЯКИХ ВИ БОЯЛИСЯ)

Кардаш М.О., гр. ХТ-39

Науковий керівник – ст. викл. І.І. Ков'ях

Харківський державний університет харчування та торгівлі

У доповіді задаються 10 питань і наводяться відповіді про вуглеводи, які містяться у різних видах вина.

Try as you may, there is no way to get around the fact that wine has carbohydrates. While it may not be as obvious in comparison to, say, a piece of white bread, wine has its share of carbohydrates, with the amount depending on the style. Some wines, like Pinot Noir and Sauvignon Blanc, are very low in carbohydrates, containing about five grams or less per serving. Others can have as many carbs as a large potato.

1. Where do carbohydrates in wine come from?

A result of the winemaking process, carbohydrates come from the natural sugar present in wine that remains unfermented.

2. How can you tell how many carbs are in wine?

The higher the alcohol by volume, the higher the carbs. The sweeter the wine, the higher the carbs.

3. What's the best style of wine to drink if I'm watching my carbs?

The best type of wine to drink when you're limiting carbohydrate intake is dry wine. In fact, the drier the better.

4. Are there wine brands for diet plans like Keto or Paleo?

While some people may look to wines that are modified to fit a low- or no-carb diet, your best bet is to stay away from them.

5. Does organic wine have fewer carbs? The short answer is no.

6. Is it true champagne is lower-carb than regular wine?

Finally, some good news: typically, sparkling wine like Champagne (look for extra brut) has virtually no carbs.

7. Is rosé wine lower-carb than red wine?

More good news: rosé from Provence, like Château de Berne, has about half the carbs of a glass of red wine

8. Does dosage make a difference? Yes.

9. Is non-alcoholic wine carb-free? No.

10. Are there any hacks for cutting down on carbs while still being able to enjoy wine? As a matter of fact, there are. Drink less or mix the wine with soda water.