

# WINE & WELLNESS SURVIVAL GUIDE

*Choose The Perfect Wine For Your Wellness*



A Guide By



— THE NATURAL —  
WINE SCHOOL

# WELCOME

to my personal selection guide!

This guide is designed to help you match the perfect wine to your specific diet, health & lifestyle goals.

On the next page, you will find a wine selection chart. First, identify which Diet & Lifestyle category you best fit in (*it could be more than one category too!*) and then in the same row, you will find what to look for on wine labels or other tips.

I've also included a glossary for you in subsequent pages within this guide to define the different Diet & Lifestyle categories along with common wine label phrases and symbols.



## DID YOU KNOW?









Scientific research shows possible health benefits of consuming small amounts of alcohol, especially relating to red wine and heart health (1-3). However, benefits are only seen for low to moderate consumption and that drinking more than this is of course detrimental to health\*. There are various beneficial compounds naturally occurring in wine (especially red) known collectively as polyphenols, including resveratrol, quercetin, anthocyanins and various others.

Resveratrol is probably the most well-known and well-studied of these, reported to have benefits including antioxidant and anti-inflammatory effects (4), cholesterol lowering, reducing insulin resistance, and reducing the risk of heart disease (1). Low to moderate consumption of wine with meals is believed to be a key component of the healthy Mediterranean Diet (5). It is also believed to explain a concept known as the 'French Paradox' where the French have lower rates of cardiovascular health issues, despite eating plenty of high fat foods such as cheese (6).

*\* Moderate drinking is defined in the Dietary Guidelines for Americans 2015-2020, as up to one unit of alcohol (5 ounces of wine) per day for women and up to two units per day for men.*



# WINE & WELLNESS SELECTION CHART

Diet & Lifestyle	Look For	Other Options	Symbols & Examples
<b>Vegan &amp; Plant-Based Friendly</b> contains no animal by-products	<i>Vegan Symbol Natural Wine (such as Pét-Nat) Unfined declaration</i>	<i>Search BeVeg, Vegan Society, Barnivore Websites</i>	 
<b>No to Low Sulfites</b> wines with lowest sulfites	<i>USDA Certified Organic, San Soufre No added sulfite declaration</i>	<i>Certified Organic Certified Biodynamic Natural Wine</i>	 
<b>Heart &amp; Gut Friendly</b> low intervention, high polyphenols	<i>Red or Orange Wine plus Natural or Certified Biodynamic</i>	<i>Red or Orange Wine, Unfiltered, plus Certified Organic</i>	 
<b>Calorie Friendly</b> naturally lower in sugar and/or alcohol	<i>Dry White Sparkling or Dry White plus Lower Alcohol &lt; 13%</i>	<i>Dry Red or Orange Wine plus Lower Alcohol &lt; 15%</i>	<i>Brut Champagne, Crémant, Cava Sauvignon Blanc, Dry Riesling Pinot Noir, Cabernet Sauvignon</i>
<b>Mediterranean Diet Friendly</b> high polyphenols, low sugar & alcohol	<i>Dry Red or Orange Wine plus Lower Alcohol &lt; 15%</i>	<i>Dry Rose or White plus Lower Alcohol &lt; 13%</i>	<i>Cabernet Sauvignon, Chianti Orange Sicilian Grillo Greek Assyrtiko</i>
<b>Keto Friendly</b> low carbohydrates, low residual sugar, low alcohol	<i>Dry Red or Orange Wine plus Lower Alcohol &lt; 15%</i>	<i>Dry White plus Lower Alcohol &lt; 13%</i>	<i>Pinot Noir, Shiraz, Merlot Orange Grüner Veltliner Unoaked Chardonnay, Albariño</i>
<b>Paleo Friendly</b> lowest intervention in farming & cellaring	<i>Red Wine, Orange Wine plus Natural or Low Intervention</i>	<i>Red Wine, Orange Wine plus Certified or Practicing Biodynamic</i>	 





# DIET & LIFESTYLE CATEGORIES

**Vegan & Plant Based Diets:** A vegan avoids eating all animal products (meat, dairy, fish, eggs, honey), wearing animal products such as leather, using beauty products tested on animals and any other practices that may harm animals. A plant-based diet is a diet coming solely (or predominantly) from plants.

**Sulfites or Sulphites:** Naturally occurring substances found in foods and also added to foods and wines as a preservative. Some people are sensitive to sulphites, causing allergy-like symptoms and they can also trigger asthma attacks in sufferers, so these people may prefer to avoid them.

**Heart & Gut Friendly:** May provide additional benefits to the cardiovascular and digestive systems, due to the presence of natural plant compounds called polyphenols, which research shows benefits both of these systems (7-9).

**Calorie Friendly:** Calories are the units for measuring the amount of energy in different foods and drinks. A calorie-controlled diet is one way to manage your weight. Most wines (non-sweet) contain under 125 calories per 5 ounce serving.

**Mediterranean Diet:** A healthy dietary pattern based on whole, unprocessed foods, high in plants, rich in olive oil and fish and including small amounts of high quality (grass-fed) dairy and meat, plus red wine in moderation. Beneficial for heart and overall health.

**Ketogenic Diet (Keto):** A high fat, moderate protein, very low carbohydrate weight-loss diet, that puts the body into a metabolic state called 'ketosis' where it burns fat as its main energy source instead of glucose (sugar).

**Palaeolithic Diet (Paleo):** A diet based on how our hunter-gatherer ancestors ate, before the invention of farming, so no grains, dairy or pulses are eaten. The diet focuses on meat, fish, fruits, vegetables, nuts and seeds. Wine made with the fewest manipulations or interventions fit the Paleo lifestyle.



# WINE LABEL GLOSSARY

## Phrases

**Calories in Wine:** Alcohol contains 7 calories per gram & sugar has 4 calories per gram. Dry wines have the lowest amounts of residual sugar (carbohydrates). Most 5 ounce servings of table wines or champagne will have under 125 calories if the ABV is under 15%. 5 ounce servings of sweet dessert wines have under 150 calories if the ABV is under 15%.

**Organic:** Grapes grown with principles of organic farming which includes sustainable practices and excludes synthetic chemicals in the vineyard. Organic winemaking practices use limited organic additives, processing aids, and lower sulfites. Organic certifications vary to include certified organic wine and certified organic grapes. Each country sets its own standards for organic certification.

**Biodynamic:** Grapes are grown with organic principles and holistic practices developed by 20th-century Austrian philosopher Rudolf Steiner. The vineyard is a self-sustaining and harmonious ecosystem. Animals and native plants are integral. Wines are made with low intervention practices and wild fermentation with wild yeasts.

**Natural:** A winemaking practice often using organic or biodynamic grapes where nothing is added or removed. Grapes are simply crafted to become living, expressive, and refreshing wines. No fining (removes proteins) or filtering (removes solids) so the wines may be cloudy and have sediments in the bottle.

**Low Intervention:** In farming and winemaking, producers using the fewest interactions and additives to make wine.

**Wild Yeast:** Ambient yeasts from a healthy farm found on the skin of the grape and the cellar. Wild yeasts are used to ferment grape must (juice) into alcohol versus a cultured yeast. Some cultured commercial yeasts can be GMO (genetically modified).

**Low Sugar, Dry Wines:** Wines that are fully fermented, leaving little residual sugar (sugar that remains in the wine).

**Pétillant Naturel (Pét-Nat):** A lightly sparkling wine made using ancient methods. The wine is produced by bottling it before fermentation finishes, which traps carbon dioxide (bubbles) and leaves yeast sediment in the bottle.

**Vegan Wine:** Vegan wines do not contain any animal-derived substances or use any animal-derived substances or by-products during processing. Many wines use animal-derived substances, called fining agents, for filtering; these and any other animal by-products are completely avoided.

**Orange Wine:** A type of white wine that is produced similarly to red wine, by allowing grape seeds and skin to stay in contact with the grape juice for a period of time.



# WINE LABEL GLOSSARY

## Symbols



*Organic Certifications*



*Biodynamic Certifications*

*Natural, French Wines Only*

*Vegan Certifications*

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# Do you often serve wine to health-conscious guests?

## Meet Your Wine & Wellness Coach, *Kathy Clancy*



As a health-conscious consumer, former wine server, and certified WSET professional, I know what it feels like to struggle with **diet and health related questions about wine.**

Frustrated to find science-backed and practical answers, I have invested thousands of hours over the last five years studying first-hand organic and biodynamic wine practices of leading producers from Europe, South America, and the USA. My health and diet information is **sourced directly from registered dieticians and credible studies** rather than headline and marketing driven sources.

My ultimate goal is to personalize wine experiences so you can confidently **select a glass that aligns with the health and lifestyle values** of people you serve and yourself.

The lack of clear resources and courses on wellness and wine drove me to create *The Natural Wine School*. Through our focused, efficient and engaging courses, we have successfully trained over 200 wine servers and professionals who report immediate increases in organic wine sales averaging 15% and higher guest satisfaction.

Whether you're serving wine to a customer, a family member, or a friend, their health and happiness is essential to an exceptional experience. **Let me help you develop your wine and wellness skills so you can WOW your guests with a personalized, enjoyable wine adventure!**

[Browse All Courses Here](#)



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