



A healthier way of drinking

By Emma Freeman



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When consuming alcohol, it's not only important to drink responsibly, but to select the healthiest possible alcohol products for your body

A recent trend in 'healthy drinking' in Australia has seen an influx of organic, preservative-free, bio-dynamic, low-alcohol and low-carb products hit the alcohol market. Consumers are being mindful of selecting drinks and mixers that are free of nasty chemicals and preservatives, made with fresh organic ingredients and brewed, fermented or distilled locally.

Wine

As one of the top wine exporters in the world, Australians are spoilt for choice when it comes to picking a local wine. What really counts is selecting a wine that is free of preservatives, flavourings, colourings or additives, and made with [organic fruit](#).

Organic wine

Organic wine is made with grapes grown using the principles of organic farming. That means minus the use of artificial fertilisers, pesticides, fungicides and herbicides.

When selecting an organic wine, look for the A-Grade Organic Certification stamp on the bottle.

Preservative-free wine

Wines labelled as PF and NPA have no preservatives added. The most common of these preservatives, sulphur dioxide, may still exist but at about 10 times less than your average table wine. Sulphur dioxide is said to be one of the perpetrators of a wine [hangover](#).

Bio-dynamic wine

Biodynamics is similar to Organic farming, but also adopts a system of regenerative agriculture. Biodynamic farms are completely self-sustained systems.

Try: Bonic Estate Organic One Wines are both Bio-dynamic and Organic certified.

Bonic Organic One Shiraz, RRP \$24.99 [www.organic-1.com](#)

Vodka

A vodka and soda contains, on average, 64 calories – less than a third of your average glass of wine.

The biggest mistake people tend to make while drinking vodka is ordering it with calorie-fuelled mixers and fruit juices from the bar. Instead, opt for a vodka and sparkling mineral water with a wedge of lime. Or, if you want to get creative, try making your own [dark chocolate martini](#).

Try: 666 Pure Tasmanian Vodka RRP \$64.95 [www.666purevodka.com](#)

Mixers

Ordering a vodka and cranberry juice might seem like the healthiest option, but the truth is, the standard fruit juice used in bars are often bursting with added sugar and preservatives.

Pitzy Folk, ex-restaurateur and owner & founder of CAPI Sparkling says he was "...fed up with post mix and mixers that were over carbonated and clouding the taste of a decent spirit", and thus developed a range of mixers free of preservatives, synthetics, artificial chemicals, aspartame and saccharins.

CAPI products are made in Australia with local ingredients such as citrus juices, essential oils and herbs.

Try: CAPI Ginger Ale or CAPI tonic, RRP \$3.50 [www.capi.com.au](#)

Beer

It's important to note the differences between light, low-carb, and low-alcohol or non-alcoholic beers.

Light beer has been brewed to be lower in alcohol, lower in calories, or in some cases lower in both, while low-carb beer has only been brewed to remove carbohydrates. And since higher levels of alcohol means more calories, there is little difference in calorie content between low-carb and regular beers.

If you want to be a healthy beer drinker, go for low-alcohol options.

Try: Prickly Moses Otway Light (ABV 2.9%) RRP \$3.99 per bottle [www.pricklymoses.com.au](#)

Cider

In the last 5 years, the Australian market has seen a trend in cider drinking, with many local wineries adding cider to their range.

Just like red wine, cider is packed with [antioxidants](#), which help 'mop up' substances called free radicals, naturally produced in the body but linked to damage cells.

When selecting a cider, choose one that is low in alcohol, free of additives, flavourings and concentrate. As with any fruit product, go for one that is organic and locally sourced.

Try: Cheeky Rascal Strawberry Apple Mint Cider (4 Pack) RRP \$19.95 [www.rebellowines.com.au](#)

Photo credit: Rebello Wines

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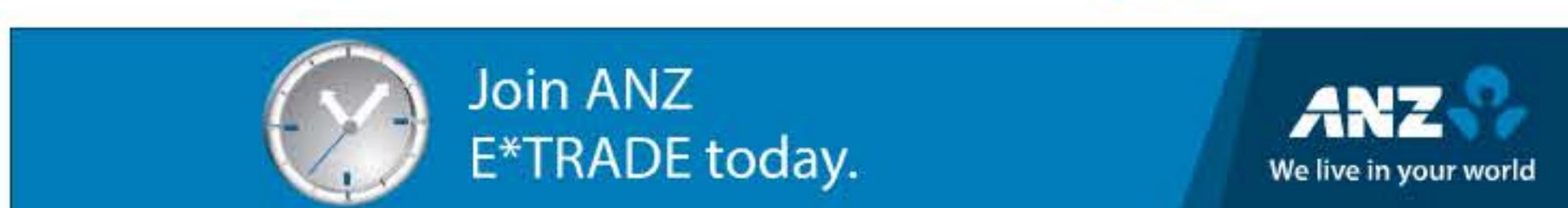
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