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Red Wine: A Glass of Fettle Benefits

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Red Wine is Life Style !

Red wine is good for health as it is rich in antioxidant which may varyin taste, color that are prepared by crushing and fermenting of darkcolored grapes.

There are many variety of red wine namely Merlot, Pinot Noir and Shiraz. Red wine is known for joy , happiness , sorrow , health andGood memories with vibes as it adorns your inner world.

Antioxidants reduce oxidative stress in the body. Oxidative stress has clear links with many diseases, including cancers and heart disease.
There are many healthful, antioxidant-rich foods, including fruits, nuts,and vegetables.

According to the American Heart Association (AHA), resveratrol — anantioxidant in red wine — may reduce blood pressure and increase levels of HDL (good) cholesterol.

To stay safe, people should stay within official CDC guidelines from the **Centers for Disease and Prevention (CDC) Trusted Source**, whichdefine moderate drinking as:

- 1 glass of wine per day for females
- 2 glasses of wine for males

One glass of wine is 5 ounces (oz) of 12% alcohol by volume.

According to the American Diabetes Association, drinking red wine can lower your blood sugar for up to 24 hours. But that aside, thereis some research that shows how red wine can help diabetics.
Research done by French scientists reveals that resveratrol in redwine can increase lifespan by as much as 60%

The antioxidant could also provide higher energy levels. Though the tests have been conducted on worms, researchers believe similar effects can be seen in humans. Resveratrol might activate an evolutionary stress response in human cells that might enhance longevity.

An Italian study says that wine can increase lifespan by inducing longevity genes. And according to the Stanford Center on Longevity,resveratrol in red wine can protect our neurons from the undesirableeffects of aging
Red wine consists of many benefits namely –

It Boost Brain Health Promotes Liver Health Improves Bone StrengthFight Depression Improves Sleep
Tooth Decay

Slow Down Aging and Makes Skin GlowKeeps You Slim
Regulate Blood SugarKeep Heart Healthy Reduce Risk of CancerLowers Your

“ A Good Book , A Good Wine , Makes a Good Life” !

Red Wine offers long life !

One study found that middle-aged Italian men who drank up to five glasses of wine a day—almost all of it red—tended to live longer than men who drank more or less alcohol.

Moderate wine consumption is a characteristic of the Mediterranean diet. Studies aroundthe world have shown a

beneficial effect of moderate alcohol intake, especially wine, on health. and was first described by Ancel Keys in the Seven Countries study.
Moderate alcohol consumption, especially wine is generally regarded to be beneficial to health. Red wine Moderate wine intake, at 1–2 glasses per day as part of the Mediterraneandiet, has been positively associated with human health promotion, disease prevention, and disease prognosis.

The beneficial role of red wine has been attributed to its phytochemical compounds, as highlighted by clinical trials, where the effect of red wine has been compared to white wine,non-alcoholic wine, other alcoholic drinks, and water.

The most recent studies confirm the valuable role of moderate wine consumption, especially red wine, in the prevention and treatment of chronic diseases such as cardiovascular disease,metabolic syndrome, cognitive decline, depression, and cancer. Additionally, binge drinking and high alcohol intake have also been associated with negative health impacts**.**

" A glass of wine is good for health and the leftover is good for your morale"

Red Wine: "A Glass of Long Life"

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Catalogue

Aim of project

Red wine consumption result in increase in level of antioxidant in blood. Statistics on well being of individualcompound are emerging but the investigation of red wineitself is restricted.

Fettle boon can be demonstrated in epidemiological and animal studies regarding heart diseases but information isless firm regarding cancer and non-existent for other diseases.

The evidence cannot be assigned merely to the phytochemical context of wine. Since moderate alcohol intake is known to have satisfaction both physiologically and psychologically.

In this mechanism the phenolic/polyphenolic compound confer benefits that are via their antioxidant activity, intercellular signal modifications alterations in gene expression and alteration in microsomal detoxification enzyme activity on the other hand the functional modification that occurs due to phenolic / polyphenolic such as antimutagenic, anticarcinogenic or anti inflammatory activity that are derived from one of these major mechanism.

The hand out of red wine to health can only be understood in the context of the whole diet. The populations that consumer limited amount of fruit and vegetable as in Denmark the consumption of wine is likely a significant contributing factor for phenolic and other phytochemicals andconsequently more likely to provide welfare.

In other populations such as those that consumer a Mediterranean style diet, red wine is less likely to donate tothe overall health and diseases risk reduction due to the consumption of olive oil, fruits and vegetables.

Recommendation to consume red wine for its beneficial effect may be imprudent due to the health problem correlatewith the over use. However, if a person drink alcohol sensibly, red wine has an advantage due to its gratified of beneficial compounds. There is an age old arguments of what to drink at the end of the long day.

Many prefer beer, liquor and other wine. What most don't realize is red wine is the healthiest drink for client. All overthis paper I will lay hold of on a voyage about red wine, firststarting with its chronicle, then the facts about why it is healthy in comparison to other alcoholic drinks and endingup with the overall assertion that red wine is vigorous of alcoholic beverages.

This paper is not about on account of someone should drink mode then one I am in no way of condoning heavy alcohol consumption but rather anticipate to prove that drinking 1 to 2 glass a day of red wine can have positive impact on the buyers health.

In this paper i expectancy to prove the people and convince people that drinking of more red wine can cause positive impact on their universal health. With the survey I administered.

I anticipate to confirm my hypothesis that if informed aboutthe health care provision, people will agree to drink more ofred wine.

I allotted the survey to about 20 people and after analyzingthe result i spotted that they manifest my hypothesis with over half of the recipient answering that yes they would be more inclined to drink red wine.

After being properly informed by a credible source, of its various health benefits. Red wine contain polyphenol called resvetrol that consist various cardiovascular benefits as wellas other helpful attributes.

Red wine is made by using the skin of grapes which add vitalantioxidants and vitamin into the human system. Again to beclear I'm not advocating people to drink more of alcohol.

Doctor's apprise that excessive alcohol consumption can leadto serious health problem. Instead I'm proving that when choosing to drink, it would be in person's best interest to choose the red wine because it is the healthiest alcohol for someone to consume

So remember, after a long tiring day, glass of red wine mightjust be what doctor ordered

Abstract

Wine has been used since the dawn of human civilization and has been popular all over worldwide for multitudes centuries.

Despite many health benefit there is a lot of controversy about the real properties of its component and its action oncell molecular interaction.

Red wine quality and vogue are highly influenced by qualitative and quantitative configuration of aromatic compounds that have various chemical structure and its properties as well as their interaction with different red

winematrices.
The understanding interaction between the wine matrix andvolatile compound as well as impact on overall flavor like specific aroma is more crucial for innovation of certain winestyle.
Red wine acquire large amount of phenol and polyphenolic compound that allocate them into high antioxidant capacity.
This chapter survey the reader about current knowledge of most important aromatic compounds present in wine are varietal thiols , other volatile sulfur comp, methods pyrazines,

C-13-norisoprenoides and wide range of higher aromatic active compounds that are accountable for typical aroma inred wine.
Based on in vitro and in vivo study certain amount of dailywine consumption may prevent various chronic diseases as red wine when contain important antioxidant that good forhuman health.
Wine polyphenol namely resveratrol, anthrocyanin and catechins are the most effective antioxidant that are presentin it .
Resveratrol is active in the prevention of cardiovascular diseases by neutralizing free oxygen radicals and reactive nitrogenous radicals as they penetrate blood – brain barrierand protect the brain and nerve cells.
It also reduce platelet aggregation that counteract theformation of blood clots.
In red wine antioxidant capacity has been associated with profitable effects when it is consumed in moderate quantityas it depends on many factors.
Factors related with wine aging make it rigorous to make them a semi quantitative forecast of effect of barrel or bottleaging on antioxidant capacity of given wine

Therefore its retail price is practically not related to its antioxidant capacity and its potential and beneficial effectsare totally obstinated by organoleptic properties.

Fundamental analytical research can assist us to explain ourfeedback to wine and multifarious factors that affects wine as wine is a complex, culture lane , multi sensory stimulus and consumer perception encounter of its properties is sway bypackaging in which it is exhibited through glassware in whichit is dished up and further more evaluated.

Keywords

- High aromatic active compound
- Antioxidant capacity
- Wine aging
- Retail wine price
- Organoleptic properties
- Polyphenols/ Antioxidants

I. Introduction

Red wine is popular all over worldwide and it is beneficial forhealth due to presence of its amount of compound present init.
Red wine is healthiest alcohol due to its fermentation andproduction process as it contains significantly more antioxidant, vitamin and polyphenols than most of other available alcohol.
The tradition winemaking and wine consumption is knownfor many centuries as the ancient Roman knew the health benefits of wine's and they made it popularize all over theworld.
The key component of red wine is resvetrol which is mostimportant polyphenol in red wine as they contain anthrocyanin, catechins and tannis (proanthrocyanidins andellagitannis and it aids bodily system.
Since many available research and numerous studies were conducted they proved resvetrol that improves cardiovascular system and has an impact and decreasing riskof obesity and two types of diabetes.
It contained cardio protective effects that improveendothelial function ,glucose metabolism reducing inflammation and regulating blood lipid.
Resvetrol has numerous health benefits that will be explained further in detail in fettle benefits section of this paper while the most far famed seminar of wine compoundupstream is polyphenol

The headstone component of polyphenol composition and in depth content is variety of grapes. White wine contain lesspolyphenol than red wine.

Total polyphenolic content in white wine is in terms of 100 ofmg GAEL[1] (Gallic acid equivalent) whereas red wine contain thousands of mg GAEL[1] of total polyphenols.

In order to prove the hypothesis regarding people that will drink more red wine if properly edified of its kilter boon asfurther research has been done.

The survey was to be conducted where various questionnaire regarding current drinking habits and preferences along with prior knowledge of red wine where catechized.

The last questionnaire word aimed to prove the hypothesis by firstly notifying the respondent of many health effects of red wine and then asking if they would be more willing to drink red wine after knowing its benefits for the body.

This paper will systematically informed the reader about theirliterature of red wine, processing and fermentation of red wine ,observations, data analysis of processed wine , health benefits of red wine, type of red wine and analysis of the survey result. The tip is to convince the reader to drink red wine versus other form of alcohol.

Literature

Wine is it alcoholic beverage that has been popular beverageof mankind for thousands of years. Wine is typically made from fermented grapes juice.

Yeast consume sugar in grapes and then it is converted into ethanol, carbon dioxide and heat. Different varieties of grapes and strain of yeast produce different styles of wine.

Wine is frequently quoted in the Bible from Nora and his grapevine to Jesus Wine is used in Catholic Church as alternative for the blood of Christ which is an indication of crucial role that beverage has played in years passed by.

It is often said that western society construct its foundation on wine. Many centuries ago wine industry was the sign of provident country as developed society could build the affluent and competitive wine industry.

Winemaking and drinking has long and past history. Expert agree that wine dates from 6000 BC. Wine were made in Egypt and in Mesopotamia, Greece, Spain, Mexico, Rome and United States. Spain play a major role in winemaking process.

The premature production of red wine was in 6000 BC in Georgia (region between Europe and Asia) The red wine cultivation was first laid by Egyptian and they were sketched on their walls of there religious temple.

Firstly grapes were harvested by using curved knife. Then they were set down in Wicker basket and then they were replaced in vats of acacia wood and then they were trampeduntil they get liquefied.

It is believed that red wine was discovered unexpectedly by farmer there's they were storing grapes and they may have left some leftover grapes in the barrel due to this leaving of grapes in barrel cause fermentation in them and hence wine produced .

The first known vineyard was discovered around 4100 BC in a cave in Armenia (coffee 2011). Red wine is classified into six main varieties of red grapes namely :-

Cabernet Sauvignon

It is the youngest of red wine although it is less than 600 years old.

Sauvignon grapes were mentioned firstly in 18 century and they are known as hardly wine in French.

This is a popular wine that is cultivated in Australia and that yields a rich and ripe flavor.

Flavor - Bell pepper, herbs, green olives and black cherry

Chianti

This is known as Italian wine and it was dated back before 15th century. Tasting of Chianti is characterized by red and black cherry characters, along with savory notes, wild herbs and spice, supported by racy acidity and well-structured tannins. Chianti's winemaking zone is located between the cities of Florence (to the north) and Siena (to the south), and stretches into these provinces plus Prato, Arezzo, Pistoia andPisa.

The main type of grape used in sangiovese grapes that yieldluscious wine in Berry fruitiness.

Merlot

It is known as one of the oldest wine that is dated back infirst century in France.
It is cultivated in bordeaux region of France and it is difficultto grow them due to its large size and thin skin.
It is frequently called Chardonnay of reds as it is easy topronounce.
It ripen decently and forms plump and wonderful wines thatmay age for decades. Flavor:-Watermelon, Strawberry, Cherry and Plum.

Sangiovese

These grapes were used in Tuscany in 1722 and they are grown there today and they are used in production of Chiantiwines.

It is light in color and dynamically acidic. Flavor- Pie, Cherry,Tobacco leaf

Zinfandel

These grapes are known for oldest variety grapes that are preowned an flourished in California as they came about 1830‘s.

Its extraction has been traced in Croatia.

Flavor :- Raspberry, Black berry, Black cherry, Raisin prunes.

Health benefits of red wine

Many research studies have presented that alcohol, especially its excessive consumption it's not beneficial for health.

Red wine is a ambiguous blade all over the world for health and wellness as alcohol is typically caused negative impact onoverall health its skin and seed of red grapes contain certain antioxidant like flavonoids resveratrol that cause scale back unfettle LDL cholesterol levels growth rate of HDL cholesterol level, cease multiplication of certain cancerous tumor andupgrade health of neuron.

On testimony of recent studies globbing red wine daily cancause positive impact on health of consumer. The clue sponsor in red wine is polyphenol resvetrol as polyphenol is antioxidant which is present in many foods like legumes, pomegranate, cranberries, cherries, blueberries, honey grapes and green tea.

Polyphenol have anti cancer properties and reduce coronary artery disease (Scarlbert 2005). Polyphenol is a group of chemical substance that is present in plant and other foods like red grapes flavonoid is most abundant polyphenol that ispresent in classic diet.

Red wine contain tannis. Tannis contain flavonoid polyphenol.Many researches found that some of the polyphenol present in red wine that helps to prevent cardiovascular disease and certain cancer diseases.

Flavonoid consist polymer chain that is made of proanthrocyanidins or OPCs as OPCS is found in numerous type of plant, grapes, seeds and skin. OPCS consist various type of benefits on venous, capillary disorder venous insufficiency, capillary fragility, diabetic retinopathy, macular degeneration and impact of OPCDs includes neutralizing welloxidant free radical, lower of blood fat and inhibiting collagen breakdown.

OPC's help to prevent cardiovascular disease by diminishing its negative effects of high ranking cholesterol present in heart and blood vessel. OPCs usually up to 1 gram per litersis present in red wine.

Resveratrol is present in skin of red grapes that is also known as vine grape which is cultivated in cooler climates and that have high level of resvetrol than weather Malbec,Sirah and pinot and nior types of grapes have thickest epicarp and have high levels of resvetrol.

Resvetrol prevent damage of blood vessel, reduce low- density lipoproteins (LDL) cholesterol and prevent clottingblood.

Red wine who consist their benefits namely :

1) Prevent heart diseases.
2) Research reveals that people who drink 150 ml of red wine per day they may have 32% of lowered chance of heart disease.
3) Red wine is lower bad cholesterol research shows thatalcohol in red wine increase good cholesterol (HDL) about 5-15% whereas non alcoholic red wine alter there boon and gain LDL level.
4) Reduce risk of cancer
5) Control blood sugar level some studies told that womanwho drink red wine in moderate amount experience low diabetic reading as compared to men.
6) Keep your body slime.
7) Keep memory sharp as resvetrol present in red wine blocks the formation of beta- amyloid protein, a key ingredient in theplaque of brain of people with Alzheimer.
8) The risk of depression.
9) Many studies carried out that middle aged to elderly people should drink moderate amount of red wine daily so astoo keep depression away.
10) Positive effect on digestive system.
11) Due to its anti – bacterial nature red wine has treated stomach irritation and cured other digestive disorder as wine has proven to be reduce the risk of infections by Helicobacter pylori, a bacterium that is found in stomach.

II. Methodology

Ingredients

- Grapes - 3kg
- Sugar - 1.5 kg
- Long Pepper - 4 pieces
- Cinnamon - 4 sticks
- Cardamom - 4 pieces
- Cloves - 4 piece
- Crushed ginger – Small piece
- Tulsi powder dried in sunlight – 3 table spoon.
- Lemon water (4 tablespoon)
- (Apple 1/2 and orange juice1/2)
- Beet roots – 200 grms
- Yeast – 40 capsules
- Wheat crushed - 200grms







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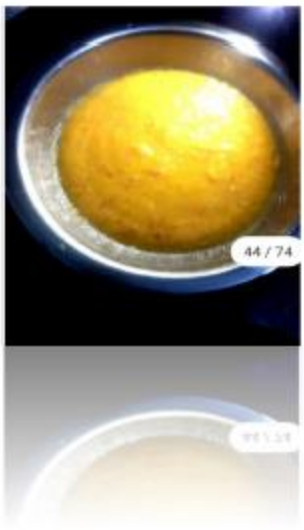
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Equipment's for Red wine

- Churning Rod Wooden
- Ceramic Jar
- Siever
- Binding Cloth
- Grinder (For Wheat)
- Mixer (For Apple and Oranges juice)
- Bowl (For activation of yeast)
- Cotton Cloth
- Storing Jars (Glass)
- Vessel for Washing Grapes
- Cork Bottles
- Sterilized Wine Bottles
- Stainless Steel Grater
- Siever
- Binding Cloth
- Grinder for (Wheat)
- Mixer (For Apple and Orange juice)
- Bowl (For Activation of Yeast)

Processing of Red wine (within 21 days)Part -1

- Use boiled and cooling water only
- Take 3kg of Grapes
- Wash the grapes in boiled and cooled water
- Remove all the stems
- Pat it dry
- After drying fill it in Ceramic jar
- Use a wooden Churning rod for mashing grapes
- Take 1.5 KG of sugar
- Mash the batter until the sugar starts to melt
- Take long pepper 4 pieces and add in it
- Add cinnamon sticks – 4 pieces

- Add cardamom – 4 pieces
- Add clothes – 4 pieces
- Crushed ginger - small piece
- Add Tulsi powder – 3 tablespoon
- Add 4 tablespoon lemon water and half apple halforange juice
- For color Red add beetroot 200 gram
- Boil beetroot for two to three minutes
- Drain and store water
- Add beetroot juice in ceramic jar
- Wheat slightly crushed 200 grams
- Mix it well
- Lukewarm water add one tablespoon yeast
- Sugar one tablespoon
- Keep it for few minutes for activation of yeast
- Add yeast in ceramic jar
- Don't close lid tightly
- Cover and tie it with a cloth
- Stir after 24 hours with a wooden spoon for 21days

Processing of wine(Part 2)

- On 21th day today open the batter and mix it well
- Use sterilized vessel and bottle
- Strain the liquid and keep it in a jar or bottle
- Run the wine into the bottles
- Leave half inch space of for cork


HOW RED WINE IS MADE
WINE FOLLY
Harvest grapes
Prepare grapes
Press
Fermentation
Add yeast
Malolactic
Aging
Blending
Bottle aging
Bottling
Clarification

Fermentation of Red wine
Observation of wine (21day)

Date	Temperature Normal temperature(20-30*C)	Humidity Normal humidity(50-70%)	Temperature fluctuation (20-30*C)
27 Feb	25*C	31%	No change
28 Feb	28*C	32 %	No change
1 March	22*C	32 %	25*C
2 March	28*C	35 %	Constant
3 March	28*C	31 %	Constant
4 March	26*C	30 %	Constant
5 March	30*C	32 %	Constant
6 March	20*C	67 %	No change
7 March	30*C	35 %	No change
8 March	26*C	32 %	No change
9 March	29*C	43%	30*C
10 March	29*C	43 %	No change
11 March	30*C	29 %	28*C
12 March	21*C	32 %	25*C
13 March	30*C	42 %	No change
14 March	30*C	47 %	26*C
15 March	22*C	42 %	No change
16 March	26*C	57 %	20 – 30 *C
17 March	25*C	60 %	No change
18 March	30*C	57 %	28*C
19 March	25*C	73 %	No change

Observation Scale

Hedonic Scale	Ranking Test	Sensitive Test	Numerical Scoring	Composite Score Test
Like extremely- 9	1st Rank	Weak - 1	Excellent 90%	Quality 20
Like very much - 8	2nd Rank	Medium - 2	Good 80%	Color 20
Like moderate - 7	3rd Rank	Strong - 3	Fair 70%	Consistency 20
Like slightly - 6	4th Rank	Very Strong- 4	Poor 60%	Flavor 40
Neither like or dislike -5		Extremely strong -5		Absence of defect - 20
Dislike slightly - 4				
Dislike moderately- 3				
Dislike very much - 2				
Dislike extremely - 1				

In following observation and data representation –

- Statistical representation (Bar graph, Pie chart)

- No consumer kept under observation = 20 people.
- Formula = Total no of consumer satisfied/20

Hedonic Scale

- **Green** - Neither like nor dislike
  (1/20 = 0.05)
- **Yeiiow** – Slightly
  (3/20 = 0.15)
- **Orange** – Like very much
  (4/20 = 5)
- **Purple** – Moderate
  (4/20 = 5)
- **Red** – Like extremely
  (10/20 = 2)

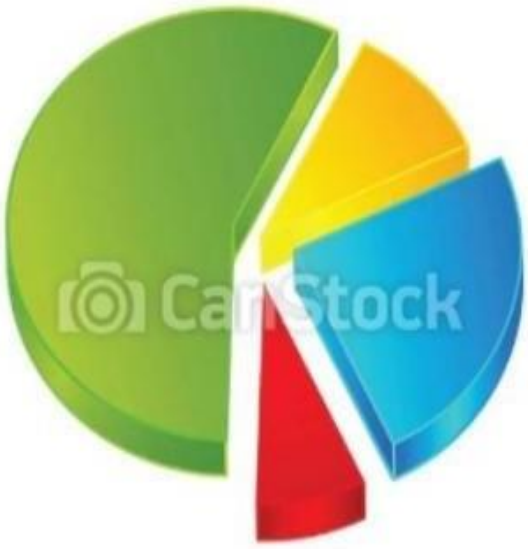
Pie Chart of Hedonic Scale

- **Blue** - Neither like nor dislike (0.05)
- **Red** – Slightly (0.15)
- **Green** – Like very much (5)
- **Purple** – Moderate (5)
- **Sky blue** – Like extremely (2)

Ranking Test

- **Green - Slightly like (4th Rank)**
- **Yellow – Moderate (3rd Rank)**
- **Orange – Good (2nd Rank)**
- **Purple – Excellent (1st Rank)**

Pie Chart of Ranking Test



- **Green - 1st Rank**
- **Blue - 2nd Rank**
- **Yellow – 3rd Rank**
- **Red – 4th Rank**

Given Ranks -

- **1st Rank - 10 /20**
- **2nd Rank - 6/20**
- **3rd Rank - 6/20**
- **4th Rank - 0 /20**

Senstivity Test

- **Extremely Strong – 10/20 (Red)**
- **Very Strong – 4/20 (Purple)**
- **Strong - 3/20 (Orange)**
- **Medium – 2/20 (Yellow)**

Pie Chart of Sensitivity

- **Pink – Extremely Strong**
  (10/20 = 2 %)
- **Violet – Very Strong**
  (4/20 = 5%)
- **Sky Blue – Strong**
  (3/20 = 0.15%)
- **Yellow – Medium**
  (2/20 = 0.1 %)

Numerical Scoring

- **Yellow – Poor (60%)**
- **Orange – Fair (70%)**
- **Purple – Good (80%)**
- **Red – Excellent (90%)**

Numerical Scoring Pie Chart

- **Blue color – 90 %**
  (10/20 = 2)
- **Orange - 80 %**
  (4/20 = 5)
- **Green – 70 %**
  (5/20 = 4)
- **Yellow – 60 %**
  (0/20 = 0)

Composite Score

Flavor

- **Orange – Extremely Strong**
  (20/40 = 2)

- **Yellow – Moderate**
  (20/40 = 2)

- **Green – Strong**
  (20/40 = 2)

- **Blue – Very Poor**
  (0/40 = 0)

Composite Score Test

Colour /Quality/ Consistency

- **Red – (10/20) Strong**
- **Purple – (5/20) Moderate**
- **Orange – (0 /20) Weak**

Composite Score Pie Chart

Flavor

- **Light Orange – Weak**
- **Orange - Moderate**
- **Pink - Strong**
- **Violet – Extremely Strong**

Composite Score Pie Chart

Color/Consistency/Quality

- **Blue – High (10/20)**
- **Yellow – Moderate (5/20)**
- **Red – low (0/20)**

Comparison with other alcohols

The benefit of red wine to three other commonly consumed drinks, white wine, beer and vodka. While all alcoholic drinks,consumed in moderation, possess some beneficial qualities.

Red wine has most abundant qualities and is the best choicefor consumer. In comparison to these other alcoholic beverage.

Red wine is least harmful to consumers frequently has themost amount of available antioxidant and contain most beneficial polyphenols for affecting the human body.

Red Wine vs White wine

Red wine contains resvetrol, white wine contains tyrosol andhydroxytyrosol. These two antioxidant, in compared to the resvetrol only provide minor artery blockage.

They are not strong as resvetrol and they are not rich in antioxidant. While resvetrol is more commonly found in foodnamely berries, grapes and legumes , tyrosol and hydroxytyrosol are commonly found in oils more specially in olive oil.

The fermentation process for red wine include using the grapes skin. The grapes skin contain most antioxidant and vitamin which are why red wine are higher in those level than white wines are because skin isn't used in fermentation process for white wine it decrease it overall medical benefits.

White wine is also not an adequate source of resvetrol. Fact show that white wine also contain more sugar in calories thanred wine .


Nutritional value of wine
Red wine
Calories: 125 per glass
Carbohydrates: 4 grams per glass
Alcohol content: 3.1 grams per glass
White wine
Calories: 115 per glass
Carbohydrates: 5 grams per glass
Alcohol content: 2.9 grams per glass
Source: Calorie King

Red wine vs Beer

In comparison to resvetrol in red wine beer contain hops,yeast and grains.

These all contain high level of carbohydrate a small amountof B vitamin and potassium.

Drinking beer in excess can increase the risk of liver, cancer,cirrhosis, alcoholism, obesity and beer is that drink most prone to bring drinking .

There is also phenomena called beer. Beer bellies are brought by consuming too many calories. Beer bellies increase amount of strain places on the heart and joints.

Beer is considered "liquid calories" meaning it offer no sense of fullness and an average 150 calories are consumed when drinking one beer.

These calories can lead to multitude of problems with weight, blood pressure into two types of diabetes. Beer makes you hungry.

Over consumption is prominent when people consume beer and long term use can lead to malnutrition, memory loss, mental problem, heart problem and increase in bloodpressure.

The Mayo Clinic has data of occasional reports of asthma being triggered due to beer consumption. Drinking beer increase blood fats called triggered and when in large thesecan lead to arterial blockage.

Drinking beer provide the strongest hangover and beer hasbeen proven to slow down the CNS. It is recommended for patient that undergoing surgery, they quit drinking beer up before the procedure in order to protect against showing oftheir CNS


WINE VS. BEER,
WHICH IS HEALTHIER?
Wine Turtle
1260 CALORIES A NIGHT PER WEEK
1500 CALORIES A NIGHT PER WEEK
9.1 - 19.3 CARBOHYDRATE GRAMS
15.6 - 22.4 CARBOHYDRATE GRAMS
GOOD FOR THE HEART
STRENGTHEN BONES
REDUCE BAD CHOLESTEROL AND RISK OF DISEASES
GUARDS AGAINST CARCINOGENS
PREVENTS SUNBURN
ACTS AS A VITAMIN BOOSTER
CONTAINS HIGH AMOUNT OF FIBER
CONTAINS HIGH AMOUNT OF VITAMIN B AND ANTI-OXIDANT
1 GLASS OF RED WINE CONTAINS 187MG OF POTASSIUM
TREATS RESTLESSNESS, ANXIETY AND SLEEP DISTURBANCE

Red Wine vs Vodka

Vodka, much like beer is commonly abused and is one of the main alcohol that cause addiction. Vodka causes intoxication easily and quickly.

Made with the potatoes, not grapes, vodka contain little to noantioxidant value and contain no resvetrol.

Some health effects from drinking vodka include heart disease, cancer, brain damage and it can also cause negative effects on sleep.

III. Result

At the end of my thesis I hereby that from above Observations and Data , Statistical Representation of red wine (bar graph), Pie charts , Hedonic Scale, Ranking Test, Senstivity Test, Numerical Scoring, Composite Score and Other Mathematical Calculations resembles that the flavor, odour, taste, color, texture and consistency of red wine is meritorious as the backbone (Methodology) of my clock in hypothesis interpreted that it depends on the way you processed your red wine is it processed in organic or inorganic way and did you work in organizing or non organizing manner (Step by step according to its methodology) as it lean on certain factors that should be keptin mind .

While during dispose of red wine factors like (PH, Temperature, Humidity, Vibration , Light ,Temperature change, Refrigeration , Cold storage place, Oxygen removal and Many intrinsic and extrinsic factors) all these factors areresponsible for colour , taste, flavor, odour, and consistency of red wine

If there is fluctuation in both intrinsic and extrinsic factors then it will cause impact on its color, flavor, texture, odour and it cause many changes in quality of red wine as well. PH also play an important role in changes in color, flavor, odourand texture of red wine.

Throughout my on- going research i took 20 people and took them under observation and upraised many questionnaire regarding the taste ,color, odour, texture and its quality. Many of people gave there positive impact on itstaste, odour, color and quality.

They apprise me that its quality is strong as it an be sold towine shops in market and they even reveal that there is no defect in red wine's color, odour, texture and flavor. This paper also convey people about the health benefits of red wine and create awareness of its benefits amongst people sothat they can consume more of red wine in tame amount .

If you like drinking red wine there is no need to worry unless you exceed the recommended amount as in Europe and America moderate red wine consumption is considered to be 1-1.5 glass a day for woman and 1-2 glass a day for men as many studies showed that 1-3 glass of red wine per day, 3-4 days of week may reduce risk of stroke in middle aged man.

Thesis questionnaire

Q1) How is the taste flavor odour of red wine ?

a) Excellent
b) Good
c) Moderate
d) Slightly like
e) Poor
f) Very poor

Q2) How is the color of red wine ?

a) Extremely strong
b) Strong
c) Very strong
d) Moderate
e) Weak

Q3) What rank will you give to red wine ?

a) 1^{st} Rank
b) 2^{nd} Rank
c) 3^{rd} Rank
d) 4^{th} Rank

Q4) What is the numerical score of red wine ?a) 90%
b) 80%
c) 70%
d) 60%

Q5) How is the quality of red wine ?

a) A grade
b) B grade
c) C grade
d) D grade

Q6) Is there any defect in this product ?

a) Yes
b) No

Q7) Do you like to drink red wine ?

a) Yes
b) No

Q8) After reading this excerpt about red wine will you drinkwine ?

*"*Antioxidant in red wine called Polyphenol help to protect thelining of blood vessel in your heart . A polyphenol called Resvetrol is one substance in red wine that is present in it .
Resvetrol be a key ingredients in red wine that help to prevent damage to blood vessel and reduce LDL cholesteroland prevent blood clot"

a) Yes
b) No

Type of red wine for drinking

After being informed the reader about the health benefits of red wine, It was deemed necessary to provide the reader withthe eight best red wine for consumer.

Below are the top eight best red wine for consumer as rankedby amount of resvetrol, flavor, antioxidant and ability to be paired with food.

Shiraz (Syrah)

This type of wine is grown in California, Australia and Rhone valley inFrance. This type of wine typically has the aroma and flavor of wild black fruit with overtone of black pepper spice and roasted meat.

The shiraz variety produce hearty, spicy reds and it give some of the world's finest, deepest, and darkest red wines with intense flavor andphenomenal longevity.

This is one red wine that absolutely must be served at room temperature or warm because of the abundance of flavor. It is bestpaired with meat such as steak and beef.

Syrah wines are with rich flavor, smooth tannis and an alcohol content of up to 15%. Shiraz grapes are cultivated around the world,It has one of the highest antioxidant content of any of type of red wine for health purpose.

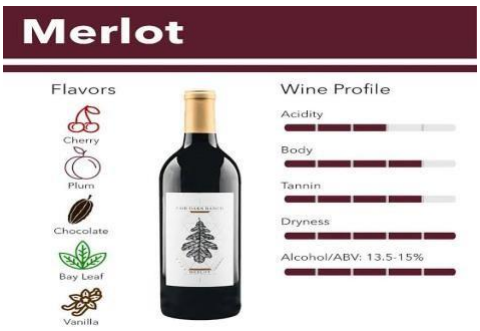
Pinot Noir

This type of red wine is grown in Austria, California, Oregonand New Zealand.

Pinot noir is considered to be the noblest of red wine because it is difficult to grow, rarely blended and produce noroughness.

The taste structure of this wine is delicate and fresh. Its flavoris like cherry, strawberry, plum and it often has aroma thatsmell like tea leaf, damp earth or worn leather. Pinot Noir isbest paired with food like grilled salmon, chicken and Japanese dishes.

Merlot.



This wine is the easiest of red wine to drink it has a softnessabout it that has made it an introducing wine for new red wine drinker.

Merlot is a key part of Bordeaux blend and it is mainly grownin Italy, Romania, California, Washington State, Chile, Australiaetc. This grapes produce a taste similar to that of blackcherry, plums and other herbal flavors.

The texture is round and the merlot type of wine is less tannic or rough than most other type of red wine. Fortunately this versatile type of red wine can be paired with any food. Merlotis mixed with Cabernet for flavor

Cabernet Sauvignon

This type of red wine is typically accepted as one of the world's best varieties. It undergoes a rigorous oak treatmentthat cause it to be blended with Cabernet franc and Merlot Itis planted wherever red wine grapes grown except in extreme northern fringes such as Germany

It is predominantly grown in places like Australia, Chile andCalifornia Cabernet Sauvignon is a full bodied wine with afirm and gripping taste when it is younger.

This means that at first it will have a current taste but will fade away to that of bell pepper. This type of red wine is bestpaired with simply prepared red meat.

Malbec.

This type of wine was born in French Bordeaux region butnow it is widely grown in Argentina, where it is most prominent type of red wine.

It is also grown in Chile, Australia and in the cooler regionof California. Malbec is trickier type of wine because its tasteand characteristic depends greatly on where it is grown andfrom where its fermented process goes through

Usually it produces a well colored red wine that taste like berries, plum and spice. This red wine can be paired with alltypes of meat based meal, Mexican Cajun and Indian style dishes.

Zinfandel

This grape is one of the world most versatile because it make everything from white to blush to rich and heavy red wine.

This grapes is only found in California often has a zesty flavorof berry and pepper and its best paired with tomato sauce pasta, pizza, and grilled barbecued meat. This type of wine isproduced in Italy and Tuscany region and in parts of California.

It typically taste like fresh plums and berries end is bestpaired with Italian and Mediterranean style foods.

Barbera

It is typically taste like fresh plums and berries and is bestpaired with Italian and Mediterranean style foods.

Barbera this type of red wine is a classic wine of Italian originand is now grown widespread in California it taste like juice black cherries and plum fruit and it has silky texture with excellent acidity

Barbera red wine is also very versatile and can be pairedwith many dishes especially those including tomato sauce

Mish

Mash flavor the taste of Barbara has notes of strawberry and sour cherry flavor synonymous with light bodied wines. Light tannis and high acidity make it taste juicy
. The red wine with the most healthy benefits are one that contain Malbec and Madeiran grapes because of their level ofOPC'S.

In order to be labeled as these specific type of wine, Theymust contain at least 40% or more resvetrol. The other varieties that are high in resvetrol level are Petite, Sirah, StLaurent and Pinot Noir.

IV. Conclusion

Red wine is not only the best wine for consumers but also the best alcohol overall. Based on the amount of antioxidant present and the amount of resvetrol in red wine, It is provento be the healthiest and most beneficial alcohol for consumers.

One of the key takeaway and key factors that make red winemore beneficial than other forms of alcohol especially white wine is during its production and fermentation process the skin of grapes is used.

The skin of any fruit is abundant in antioxidants and vitamin and more often than not the skin contain most antioxidant than the actual meat of fruit because red wine is made with the skin of red grapes.

It automatically has more antioxidant vitamin and polyphenolthen white wine. The main reason behind this is why red wine is healthy because of resvetrol.

Resvetrol has an abundance of wonderful health effects ranging from cardiovascular improvement to lowering risk fortwo type of diabetes for helping ease depression.

Not coincidently though, most resvetrol is contained in skin ofred grapes. So if red wine wasn't made using skin, it most likely wouldn't have nearly as many good attributes as it does.

The main problem with red wine is that consumers aren't aware of its many useful health effects. Store don't do a goodjob of advertising it and neither do other forms of advertisement.

Even walking into the liquor store and asking a clerk aboutthe health effects of red wine proved useless, seeing a clerkwas not knowledgeable about red wine many benefits. The survey results proved that if properly informed about the health benefits of red wine, consumers are more likely to drink it.

Fortunately enough people already drink red wine because they like it, so even though they may have been unaware ofits benefits, they were still making their body some good.

However some of the survey results showed that people whodid not drink red wine would be inclined to drink it after learning about it multiple beneficial health effects.

This paper is not advocating for more alcohol consumption. Ifanything, its advocating for proper alcohol consumption .Consuming excessive amount of alcohol isextremely detrimental to person health.

The point of this paper was to show that when choosing todrink, it would be in a person's.

It would be in person's best interest to choose to drink redwine

At the end of long day 1/2 glasses of red wine will helprejuvenate your senses.

The abundance of antioxidant and vitamin as well as the resvetrol in red wine, will add something of value to someoneimmune system.

More research needs to be done to further validate the positive effects of resvetrol on the human body, but there is no doubt that when choosing something to drink, the consumer should choose red wine because it is best and healthiest alcohol available for consumption.

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