

Trina **K**rug

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Introduction

Good or bad - wine is one of those things that many people enjoy. I happen to be one of them. There have been times in my past where I have abused it where I was drinking daily and then times like now where I will enjoy a drink or two a few times a month. But, man, I do LOVE wine!

Whatever the case may be, drinking wine while participating in the Ketogenic Lifestyle is one of those things that is possible but simply needs a little more consideration.

So, let's get down to some basics so you can enjoy Keto AND wine!

Can I drink wine on Keto?

This is not a simple yes or no answer! If you are new to keto, I do not suggest consuming any alcohol in the beginning. There are a few reasons for this.

First, when you initially switch to keto, you have to get your body into ketosis. Don't know what ketosis is or need a better understanding of the Ketogenic Lifestyle? I poured my heart and soul into my 105 Ketogenic Diet Getting Started Workbook. Check it out [HERE](#).

You want to burn up your glycogen reserves (from carbs) and get your body efficient at burning fat. This is where you get the most benefit from the Keto Lifestyle in terms of weight loss and increased energy. You want your body being an efficient fat burning machine that produces ketones for your energy, focus, and general AMAZING feelings.

I'm sure you are thinking "I'm sure that's all great, Trina, but what does this have to do with my yummy wine?". Well, I'm glad you asked! I think we can all agree that alcohol is a toxin. Sigh... We can't change that!

So, this is the second part about why beginner keto'ers want to stay away from alcohol. What happens when you drink alcohol is that your body wants to deal with the toxin FIRST. To put it simply, it takes resources away from burning fat and puts those wonderful resources towards metabolizing the alcohol. So, the fat burning can slow and the fat adaptation process may be disrupted.

*Did you know that alcohol provides 7 calories per gram? **Empty calories.***

Now, if your body is fat adapted and you can handle only having a glass or two on occasion, then by all means – enjoy! Keep on reading, though, for the best wine choices!

What are the best wines to drink?

Unfortunately, not all wines are created equal! Some are better than others and will, therefore, fit better into a Ketogenic Lifestyle.



According to [tasteaholics](#)[1], here is the breakdown for wine per 5 oz glass:

Red Wine

✓ Pinot Noir – 3.4 carbs

✓ Merlot – 3.7 carbs

✓ Cabernet - 3.8 carbs

White Wine

✓ Champagne – 1.5 carbs

✓ Sauvignon Blanc – 2.7 carbs

✓ Pinot Grigio – 3.2 carbs

✓ Chardonnay – 3.7 carbs

✓ Riesling – 5.5 carbs

Sweet Wines

I would stay away from the sweet wines! These include Moscato, Zinfandel, Port (yumm.....), and any dessert wine.

Will wine throw me out of ketosis?

This is another question that does not have a simple answer.

If you drink higher carb alcohol or a large amount of lower carb alcohol, then it is certainly possible to get thrown out of ketosis depending on what you ate the rest of the day.

For example, if you already were pushing your carb limit on a given day and then had 3 glasses of Cabernet (11.4 carbs) then you could put yourself over the limit that is specific to your body.

For other people, simply 1 glass of wine could kick them out of ketosis for whatever reason.

If you are in tune with your body, you can experiment and see what works and doesn't work for you.

How often can I drink wine?

Well, this is up to you!

I would limit how often and how much you drink if you are just beginning your journey and if weight loss is a goal.

If you are in maintenance mode and you know that a glass or two works well with your body, then enjoy!

What else do I need to know?

In the end though, alcohol is a toxin, so always keep that in mind when making decisions about how often you drink. And ALWAYS drink responsibly and legally.

Make sure you are a part of the private [Ketogenic Living Facebook](#) community for more information, recipes, and support!

References:

[1] <https://www.tasteaholics.com/keto-diet/the-ultimate-guide-to-keto-alcohol/>

A Loving Disclaimer

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