

SIMPLE TIPS FOR MODERATE WINE CONSUMPTION



TASTING

Take your time when tasting wine. This is the only way to enjoy wines and keep your blood alcohol level low.



IT IS BETTER TO SPIT

The goal is to taste not to drink. Don't feel awkward about using spittoons. Spitting will help to enjoy the wine tasting experience as well as taste more wines and remain sober.



WATER

Drinking water after every wine flight is the best way to appreciate the wine. This also reduces your blood alcohol level and keeps you hydrated.



SNACKS

Eat small snacks before and during the wine tasting. With an empty stomach, the blood alcohol level will increase rapidly.



DON'T DRINK AND DRIVE

Don't drive after a wine tasting. Taxi, bus, metro or a designated driver are the best ways to get home safely. Organise it in advance.



PREGNANT WOMEN AND CHILDREN

There should be absolutely no wine tasting for these individuals.