

## RED, WHITE...AND GREEN? *What eco-conscious wines truly mean for the planet—and your health.*

### **LABEL LINGO 100% organic**

**WHAT IT MEANS** The wine is produced from organically grown ingredients, and no synthetic preservatives are added when the wine is being processed.

**HEALTHY OR HYPE?** This type is better for the planet but offers no extra health perks for you. Conventionally produced wine can have some pesticide residues, but fermentation reduces them. Bottom line: It's OK to opt for a nonorganic selection.

### **LABEL LINGO Made with organic grapes**

**WHAT IT MEANS** It's made with at least 70 percent organic ingredients, and it may contain some nonorganic grapes and limited amounts of preservatives.

**HEALTHY OR HYPE?** This sip is fine for you, and it's tasty, too. In the early days, it used to get a bad rap for quality, but now it tends to score high in *Wine Spectator* reviews.

**BEST PICK!**

### **LABEL LINGO Biodynamic**

**WHAT IT MEANS** These vineyards have even tougher standards than the USDA. The grapes (and wine) are minimally processed, and winemakers take extra care to improve the health of the land.

**HEALTHY OR HYPE?** Überhealthy. A biodynamic farm is the greenest kind, so toast to your earth-mama savvy.

### **LABEL LINGO Vegan**

**WHAT IT MEANS** All wines aren't vegan? Sorry, but most are filtered through materials containing fish bladders and eggshells. This label ensures that no animal products were used.

**HEALTHY OR HYPE?** Mostly hype, in that vegan wine is no healthier than any other type of wine. The amount of animal by-products used in processing wine is very small, but if you're limiting your intake for ethical reasons, you can reach for this pour. Raise a glass and enjoy. *iSalud!*

—Maridel Reyes



**Stock up:** Wines with eco labels cost about 7 percent less than conventional wines.