

Why women drink more white wine

By Lettie Teague, Wall Street Journal

There's a true love connection between white wine and women. Everywhere I turn lately I'm meeting yet another woman who is white-wine exclusive for reasons ranging from refreshment to health.

My friend Gabrielle, a freelance journalist, said she converted to white from red several years ago after finding that most reds, especially tannic varieties like Cabernet and Malbec, gave her headaches. White wines did not. Save for the occasional Pinot Noir, she now mostly drinks Spanish whites like Albariño and Godello.

The women I spoke with most often cited health-related issues as their primary reason for drinking white wine. Indigestion caused my friend Kathy to reluctantly shelve her beloved red.

"I had a burning sensation whenever I drank a red," she said. Kathy, who owns a craft store, found that the only wines that didn't trigger side effects were whites.

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