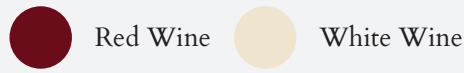


# A beginner's guide to choosing wine for a keto lifestyle.

[STEP ONE]

## White or Red?



[STEP TWO]

## Choose Your Region

Cooler climate regions tend to have more keto-friendly wines.

[STEP THREE]

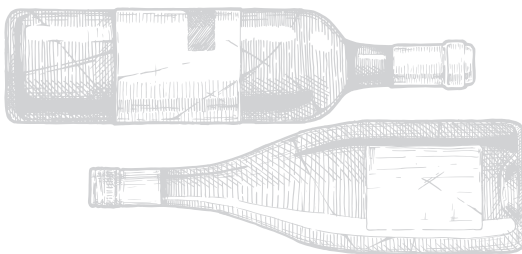
## Choose Your Variety

Make sure to check the alcohol by volume (ABV) as it can vary between brands.

[KETO SOMM TIP]

## For the Adventurous

Region	Varieties
Austria, Czech Republic	Saint Laurent
Switzerland	Chasselas
Tasmania	Sparkling Wine (Brut)
Spain, Basque Country	Txakolina (chah-kuh-leena)



### OLD WORLD

#### EUROPE



Region	Red Varieties
France	
Burgundy	Pinot Noir
Beaujolais	Gamay
Loire Valley	
Chinon	Cabernet Franc

Italy	Red Varieties
Chianti	Sangiovese blend

Germany	Red Varieties
	Spätburgunder (Pinot Noir)

Region	White Varieties
France	
Loire Valley	
Sancerre	Sauvignon Blanc
Muscadet	Melon de Bourgogne
Pouilly Fumé	Sauvignon Blanc
Burgundy	
Chablis	Chardonnay
Alsace	Dry Riesling, Pinot Blanc
Champagne	Sparkling Wine (Brut)
Crémant	Sparkling Wine (Brut)

Italy	White Varieties
Alto Adige, Veneto, Friuli	Pinot Grigio, Pinot Bianco
Veneto	Soave (Garganega)

Germany	White Varieties
Rheingau	Dry Riesling (Troocken)

Spain	White Varieties
Rias Baixas	Albariño

Austria	White Varieties
	Grüner Veltliner

Portugal	White Varieties
Vinho Verde	Loureiro blend

### NEW WORLD

#### USA



Region	Red Varieties
California	
Los Carneros	Pinot Noir
Sonoma Coast	Pinot Noir
Oregon	Pinot Noir

Region	White Varieties
New York, Finger Lakes	Dry Riesling
California	
Napa, Sonoma, Mendocino	Sparkling Wine (Brut)

#### AUSTRALIA



Region	White Varietal
Clare & Eden Valleys	Dry Riesling
Yarra Valley	Pinot Noir, Sparkling Wine (Brut)



