

Low-alcohol alert

Low-alcohol wines could put you over the limit

Which? research has found that most 'low-alcohol' wines aren't as low as you might imagine.

A Which? member wrote to us saying that she enjoyed drinking 4% wine, as she could drink three glasses and consume only one unit, but this wine was increasingly difficult to find.

When we visited a branch of the 'big four' supermarkets in October, the low-alcohol wines we found had an ABV (alcohol by volume) of 9-10%. For the majority of wines available, the ABV is 13-14% as standard.

A 175ml glass of low-alcohol wine has 1.6-1.8 units, while a 175ml glass of standard wine contains 2.3-2.5 units.

The recommended daily limit is two to three units for women and three to

four for men. Drinking just two 175ml glasses of either standard or low-alcohol wine would put the average woman over her daily recommended limit – as would a large 250ml glass of standard wine, which contains 3.3-3.5 units.

When we looked online, we did find some wines with much lower alcohol contents: Lambrusco Light, £1.92, 4% (available online at Asda, Sainsbury's and Tesco), Entwine, £3.30-4.99, 5.5% (available at Asda and Tesco) and Sovio, £4.99, 5.5% (available at Tesco). Some supermarkets also stock alcohol-free wines.

If you do drink alcohol and you're not driving this Christmas, our Best Buy champagnes and sparkling wines on p50 will help you choose a top tipples.

GLASSES OF WINE THAT WOULD PUT AN AVERAGE WOMAN OVER HER DAILY LIMIT



Where's your turkey from?

Do you know where your Christmas turkey really comes from? Under current EU rules, a turkey reared abroad but slaughtered in the UK can be labelled as British.

This is because manufacturers and shops have to show where the main ingredient food undergoes substantial change, not its actual origin. And for some foods, labelling the country of origin is only voluntary – unless it's misleading not to provide it.

When we asked the UK public their views on labelling, eight in 10 people said they think it's important that the actual country of origin is labelled on meat and poultry. And around three quarters feel that it's important for other foods such as fruit and veg, dairy and fish. The main reason people gave was that they 'like to buy British food'.

Which? wants the Food Standards Agency to push for EU legislation to

80%

of the UK public want to know where their meat comes from



make it mandatory for food companies to provide clear, accurate information about the origin of key ingredients, such as meat and dairy, to make it easier for people to know what they're buying.

Fruit for thought

Which? has written to Warburtons about the marketing of its Fruit Loaf with Orange, which we think is misleading.

Though the loaf does contain raisins, the advertised 'orange fruit pieces' are made up from the following (in order): concentrated apple purée, concentrated pear juice, concentrated orange juice, wheat fibre, gelling agent pectin, citric acid,

vegetable fat and natural flavouring orange.

We think that the claims 'bursting with fruitiness' and '2 slices = 1 fruit portion' could lead consumers to believe that the orange pieces are fruit and contribute to the fruit portion. In reality, the fruit portion is actually provided by the raisins.

We'll let you know the outcome as soon as we can, so keep an eye out in 2010.

