

16 Stellar Low-Alcohol Wines That Won't Give You a Hangover

Praise be! 🙏

by ROZALYNN S. FRAZIER JAN 4, 2021



Let's be real: When it comes to wine (and you could say we know vino, as we have our own line of [Cosmo wines](#), *ahem*), a higher alcohol content isn't always better. In fact, I'd even argue that less is more in this case, especially if the aim is to enjoy the drink for its taste and maybe get a decent buzz out of it—*without* the unbearable hangover the next day. For this reason, I'm Team Low-Alcohol Wine, and I'm here to share with you the wonders of some of the best low-alcohol wines out there on the market—plus, some insights from a couple of wine experts, themselves.

But first, what makes a low-alcohol wine *low-alcohol*, you ask? Generally, it's one with an alcohol by volume (ABV) content of 13 percent or less. And according to Kelly Mitchell, wine expert and founder of [Kelly Mitchell Wine](#) and [Kelly Selects](#), the sweet spot normally falls in the 10 to 12 percent range.

And is low-alcohol wine better for you? Well, enjoying a lower ABV can certainly help slow the rise of blood alcohol concentration, which is great for those who aren't looking to get so tipsy super quickly. According to [Cynthia Sass](#), RD, CSSD, a virtual performance nutrition coach, "That blunted effect could also result in staying more hydrated and having better appetite regulation."

But don't be fooled. This doesn't necessarily mean that low-alcohol wine is better for you—it just means it contains less alcohol per serving. It *does*, however, mean you can enjoy more of your drink without the usual repercussions that come with consuming higher levels of alcohol. Speaking with *Cosmo*, Sass explained, "Sipping on two five-ounce glasses of wine that have the same alcohol content as one standard glass may help some people stay within the [moderate drinking recommendations](#), which focus on alcohol content rather than the volume of wine."

ABV aside, another perk for low-alcohol wine is that they make lovely food pairings. Mitchell explains, “They tend to be more delicate in flavor, not overpowering any dish. And the notes of the wine are easier to understand when the alcohol is mild and hopefully in balance with the other components of the wine.”

Next time you’re jonesing for a little vino, check out one of these low-alcohol wines from the list, below, plus some helpful tidbits on wine pairings from Mitchell, the expert, herself. (Oh! And if you want a cute little wine tumbler to go with that drink, we’ve got you covered on that front, too.)

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16

THIS SPANISH SPARKLING WINE WITH
12.1% ABV

L'hereu

RAVENTOS I BLANC

drizly.com

\$21.99

This sparkling wine is complex, yet approachable, and you’ll never tire of drinking of it. Mitchell especially likes it for brunch, but suggests you skip the juice and let it stand on its own. Plus, bubbles make everything better.