

SUGAR CONTENT

in Wine

juicy fruit

Wine is made from grape juice. Sugar, in the form of fructose and glucose, is a primary nutrient in the grape-ripening process and contributes to the aroma, flavor, and texture of the wine.

01

fermentation

During alcoholic fermentation, yeast feeds on sugar. The amount of sugar remaining (AKA residual sugar) depends on the winemaking process, including sugar added.

02

a range

Wines come in a range of sweetness from 0 grams per liter to more than 220 grams per liter. Deciphering the sweetness of wine takes practice. Sugar content is only labeled in Champagne-style sparkling wines.

03

serving size

An average wine bottle contains 750 ml. That's 0 - 165 grams of sugar. An average glass is 150 ml/ 5 oz, which translates to anything from 0 to 33 grams of sugar. 1 gram of sugar contains 4 calories.

04