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南腔  
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田博华, 享誉全球的葡萄酒专家, 如今常驻于纽约或曼谷。他为众多的连锁酒店及餐厅担当顾问工作, 发表过大量的有关葡萄酒的著作和评论。  
Fred Tibbitts Jr. is a global wine consultant based in New York and Bangkok. He assists some of the top hotel and restaurant chains in the U.S. and Asia Pacific developing their wine-by-the-glass programs, leading educational trips to wine producing countries and hosting VIP industry dinners at New York and across Asia.

## 红葡萄酒：身心享受的天作之和

# Red Wine and Good Health A Marriage Made in Heaven

Text: Fred Tibbitts Photos: Stock

大多数时候我们更愿意去选择不健康的食品, 因为那些“坏东西”所能带来的味觉的快感是健康食品远远不及的。而红酒打破了这种成见, 适量的饮用红酒能让我们在享受人间杯中美物的同时养生保健。事实上, 所有种类的葡萄酒在不同程度上都对健康有益, 只是当下我们对红葡萄酒对于身体和精神的满足有更多的研究。下面让我们来一探究竟。

酒中酒精多酚与无酒精多酚(多酚为天然生成的植物化合物)的结合能降低心脏病、某些癌症以及诸如老年痴呆症和帕金森氏病等神经系统疾病的发病风险。科学家们知道, 适量饮酒能提升体内高密度脂蛋白胆固醇(一种有益的胆固醇)含量, 同时能薄血。而葡萄酒中的非酒精类黄酮和多酚类物质, 如白藜芦醇, 都是阻止“自由基”破坏人体细胞有效的抗氧化剂。由于在酿酒的过程中果皮保留的时间更久, 红葡萄酒的白藜芦醇含量远远高于白葡萄酒。而葡萄酒中一种叫低聚原花青素的黄酮, 被认为能防止血管硬化。最近临床研究还显示, 适度饮用葡萄酒和能通过减少细菌体降低肋消化性溃疡的风险。此外, 一份哈佛大学公共卫生学院的研究预测, 适度饮用葡萄酒或者啤酒可以降低58%患上糖尿病的可能性。

饮酒的关键在于适度, 而适度的标准则根据酒精含量, 个人体重, 身体状况, 以及是否进食决定。总结以前的经验, 如果驾车的话, 我不能喝过两杯红酒, 不驾驶

也三杯不过岗。为了帮助您更好地理解这些数字的概念, 一杯150毫升的葡萄酒, 一杯360毫升的啤酒和一盅45毫升40度的白酒有同等的乙基酒精含量。当然, 作为一个葡萄酒爱好者, 不管是乘公交, 开车, 或者有别人为我当司机我都尽量避免饮酒出行。因为我更愿意放弃“适度”选择“高度”。在这种情况下, 我发现自己的外语突飞猛进, 好象无所不能。酒精对我逃离现实有点帮助, 或许身后的影子比我更加清醒。

虽然平时我们只注重享用美酒本身, 由于它本身作为一种温和的镇静剂或者欣快剂, 减轻使用者焦虑和紧张的情绪。大多数葡萄酒消费者都会同意喝葡萄酒是一个有深度的娱乐形式。因为它不仅满足了口感, 同时明显提升了一个人的幸福感和满足感。因此, 以享乐和保健的名义, 您大可利用各种机会享受您的美酒, 尤其是红酒。红酒和健康的结合可谓是真正的天作之和。我是Red Fred, 下期再会。

Most of the time we avoid what is "good" for us in favor of what is "bad" for us, because what is good for us is not always nearly as enjoyable as what is bad for us. But an exception to this rule is red wine, which is both good for us when consumed in moderation in conjunction with an overall healthy lifestyle and as well one of the most enjoyable of life's pleasures in a glass. Actually, all wines are healthy to varying degrees; it's just that we now know that the properties in red wine are both healthy and satisfying for body and Soul. Some combination. Let's take a look why this is so.

It is the unique combination of the alcohol and the non-alcoholic polyphenols (natural occurring plant compounds) that reduces the risk of heart disease, certain cancers and the slow progression of neurological disorders like Alzheimer's and Parkinson's Disease, while boosting the immune system. Scientists know that moderate amounts of alcohol can increase your HDL-cholesterol (so your good cholesterol) and thin the blood. But it is the non-alcoholic polyphenols in wine, such as flavanoids and resveratrol, which are superb antioxidants that prevent molecules known as "free radicals" from causing cellular damage in the body. Red wine provides far more

resveratrol compared to white wine, because the longer the skin remains on the grape during the wine making process, the greater the concentration in resveratrol. And one particular flavanoid, oligomeric procyanidin is believed to prevent hardening of the arteries; not to mention clinical research that now links moderate wine consumption to a reduced risk of peptic ulcers and rids the body of the bacteria suspected of causing them. In addition, a Harvard School of Public Health study now predicts a 58% lower likelihood of developing diabetes as a result of moderate consumption of beer or wine.

But the key is moderation, which all depends on the percentage of the alcoholic content in the wine, your body weight, your individual body chemistry and if you are consuming your wine with or without food. My rule of thumb is two glasses of wine if I am operating a motor vehicle after drinking or three glasses if I am not behind the wheel afterwards. To help you better understand the numbers, a 150ml glass of most wines (red or white), a 360ml glass of most beers and a 45ml shot of 80-proof distilled spirits are all about equal in terms of the ethyl alcoholic content. Naturally, being a wine lover, I try to avoid driving when

drinking, either by taking public or private transportation or having a "designated driver", who chooses not to consume alcohol for the occasion. Under such circumstances, though by exception, I have been known to exceed "moderation" in favor of "significant" consumption, upon which, I find my foreign language skills improve dramatically, I become the "life of the party" and no objective seems beyond my capabilities: If only it was so. And just maybe my temporary escape from reality is therapeutic. Only "The Shadow knows".

While normally we simply focus on the enjoyment of consuming a wine of our choice, since wine is also a mild tranquilizer, as a mild euphoric, it serves to reduce anxiety and tension. Most wine consumers will easily agree that they find drinking wine a form of profound entertainment, because it not only satisfies the palate, but as well promotes a distinct feeling of well-being and contentment. So, by all means, continue to enjoy your favorite wines, especially your favorite red wines, and know that you are both pleasuring yourself and contributing to your good health. Red wine and good health is truly a marriage made in Heaven.

See you there. I am **Red Fred**, over & out. ★



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535 Pudong Avenue, Pudong New Area, Shanghai 200120, China

电话 Tel: (86 21) 3878-9888, 传真 Fax: (86 21)3878-9889

E-mail: enquiries@etonhotelshanghai.cn / www.etonhotelshanghai.cn

