

**REVIEWED**

Wine

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Is wine good for you? Plus, products to help you drink it on National Wine Day

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Reviewed

Published 1:21 p.m. ET May 25, 2023 | Updated 1:27 p.m. ET May 25, 2023

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Grab a glass of your finest wine because **today, May 25**, is National Wine Day! As if you needed an excuse to pop open a bottle, we're using the holiday to break down the health benefits of drinking wine. That's right, it's not just an old wives' tale. It turns out that drinking wine can be healthy for you in certain situations. Here's what you need to know about it. Plus, we're here to offer up some top wine products for you to celebrate National Wine Day properly.

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When is National Wine Day 2023?

National Wine Day takes place annually on **May 25**. It's a day to gather with friends and family around a bottle and raise a glass of something fruity and delicious.

More: Celebrate National Wine Day and beyond with 30 best wine gifts

Is drinking wine good for you?

Studies suggest that red wine can improve a whole host of bodily functions, from cardiovascular health to gut and even brain health.

Red wine's ability to fight off various diseases is attributed to the many antioxidants it contains, including polyphenols. Of course, as the saying goes, everything in moderation. Healthy individuals are advised to drink no more than 5-10 ounces per day. As with anything, consult your doctor about whether or not wine in your diet is best for you.

Is red or white wine healthier for you?

It is suggested that red wine is healthier for you, based on limited studies. This is thanks to red wine having a significantly higher amount of polyphenols in it than white wine, and therefore, a higher level of antioxidants which play a vital role in disease prevention and healthy aging.

Top-rated wine products to use

A wine glass

While you *can* drink wine from a mug or straight from the bottle, we recommend savoring the taste by drinking it out of a nice glass to swirl around to feel fancy. These square wine glasses are the best-rated on Amazon, with over 5,600 five-star reviews. Buyers love the set for its unique shape and sturdiness despite its delicate appearance.

\$30 from Amazon

An ice bucket

If you need to keep your wine cool, an ice bucket will be your best friend for a few hours. Simply fill the bucket with ice and put your wine bottle in it for as long as you need. The Winco Wine Bucket is the best-rated ice bucket on Amazon with over 1,700 five-star reviews. Buyers love it because it looks nice and keeps their wine ice-cold.

\$18 from Amazon

A bottle opener

You've broken out the fancy glasses, delved into your cellar to get your aged wine, and you're ready to pour yourself a drink. One problem: you can't get it open. You need a quality bottle opener, like the best bottle opener we've tested, the Beneco corkscrew opener. In addition to

wine, it can open smaller cans. It's also corrosion resistant, sturdy and comes with a lifetime warranty.

\$12 from Amazon

A wine rack

It's hard to just buy one bottle of wine sometimes when there are so many tempting options. Once you've amassed a troop of wine bottles, you'll need a place to store them without taking up too much space. Instead of just having them on top of your fridge, we recommend you store them in a beautiful wine rack. There are many to choose from, but the best is the Bariboo wine rack. It's easy to assemble, lightweight, fits in a variety of spaces and is stylish, too. Plus, you can stack the shelves atop of one another to store even more bottles.

\$53 from Amazon

A wine fridge

A wine fridge is essential for keeping your favorite whites and red over an extended period of time. Our favorite wine fridge, the Wine Enthusiast 32-Bottle Dual-Zone MAX, packs a lot of functionality in a small space that'll fit in most homes. It features an easy-to-use LED temperature control panel to keep your wine at the perfect temperature. Plus, its storage capacity means you won't have trouble fitting multiple wine bottles in it.

\$499 from Wine Enthusiast

A decanter

When you have aged wine you've been saving for a rainy day (or on National Wine Day), pouring it from a decanter will ensure that it tastes great. The Le Chateau Red Wine Decanter is the best wine decanter because it separates sediments from your wine, it's easy to clean and it's no-spill.

\$49 from Amazon

A charcuterie board

If you're the type of person who likes cheese with their wine, we say go for the whole charcuterie board. If you thought cheese with your Moscato was good, just wait until you try

it with prosciutto. The best charcuterie board you can buy is the Royal Craft Wood Bamboo Charcuterie Board. It's easy to clean, sturdy and resistant to water and odor.

\$20 from Amazon

An ice machine

An ice machine is helpful for drinking wine, whether you're putting the ice directly into your glass or using it to chill your wine in a bucket. One of the best ice machines is the Frigidaire EFIC452. This ice machine is inexpensive, features an excellent design and quickly makes beautifully square, clear ice.

\$161 from Amazon

A wine delivery service

Of course, the most essential piece of the wine-drinking experience is the wine itself. With so many options, it can be hard to decide on the best wine to drink. Fortunately, you can narrow your choices by subscribing to our favorite wine subscription services. If you're new to the world of wine, we recommend checking out Firstleaf. When you sign up, you take a test to determine what flavor wine you'd most enjoy. Each bottle gives detailed info on its flavor, origin and best food to pair with. If you like your wine subscription boxes on the photogenic side, we recommend Winc's Instagram post-ready boxes and chic bottles. Mysa Natural Wine is the subscription to go for if you enjoy unique, natural wine flavors.

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