

Local Cheese Stores

Downtown LA

DTLA Cheese - Grand Central Market 317 S. Broadway, LA 90013
(213) 290-3060
<https://www.dtlacheese.com/cheesemonger-hotline>

Larchmont

Larchmont Village Wine, Spirits & Cheese - 223 N. Larchmont Blvd.,
90004
(323) 856-8699
<https://www.larchmontvillagewine.com/>

Beverly Hills

Wally's Wines and Spirits, 447 N. Canon Drive, Beverly Hills, 90210
(310) 475-0606
<https://www.wallywine.com/>

Santa Monica

Farmshop - Brentwood Country Mart, 225 26th St #25, Santa Monica,
(310) 566-2400
<https://www.brentwoodcountrymart.com/farmshop>

Wally's Wines and Spirits, 214 Wilshire Blvd, 90401
(424) 293-5500
<https://www.wallywine.com/>

Anywhere in LA

Trader Joe's
Whole Foods

6 Champagne Tips

Thursday 19 December 2019, Kate Lough – Lifestyle Food & Drink

Tip #1 - It may improve your heart health

Like red and white wine, **champagne** can be good for your heart. Made from both red and white grapes, it contains the same antioxidants which prevent damage to your blood vessels, reduce bad cholesterol and prevent blood clots. In turn, this lowers the risk of heart illnesses and strokes – in moderation of course!

Tip #2 - It will keep you sharp

Research from the University of Columbia has shown that champagne contains proteins that are beneficial for your short term memory. A study by Reading University in 2013 said that three glasses of bubbles per week can help improve it.

Tip #3 - Boosts your mood

We all know the buoyant feeling that you get from a sip of champagne – this is due to the magnesium, potassium and zinc it contains.

Tip #4 - It has little calories

Champagne contains fewer calories (80) than both red and white wine (120). The servings are generally smaller too, so it's the healthier choice all round – as long as you don't drink the whole bottle.

Tip #5 - It can lower your risk of diabetes

A 2009 study in Canada showed that all wines, including sparklers like champagne, can lower your risk of contracting diabetes by 13 per cent.

Tip #6 - It can prevent dementia

A glass or two of champagne has been known to prevent the onset of dementia. Research in Pittsburgh found that the risk was almost halved for those who drank 'moderate' quantities. The over 40s should heed this advice, as this is when the gradual decline is thought to happen.