

## TRENDS WE LIKE

# LOW AND NO-ALCOHOL

Responsible drinking is great in theory but often hard to practise - designated drivers and those who have resolved to drink less tend to have little choice but to not drink at all. But the good news is that a number of new low-alcohol products are emerging. British wine company, Sovio, makes a range of wines that have been 'de-alcoholised' using a special distillation technique.

At 5.5%, the sparkling rosé is a light-hearted, sweet fizz worth a try (£4.99, Tesco). Beer drinkers should look out for Scottish brewer BrewDog. After recently attracting ire for an 18.2% stout, it has just launched a second batch of Nanny State, its 1.1% ale (available direct from its website [brewdog.com](http://brewdog.com)) after the first sold out so quickly. M&S's Soft Brews are produced in exactly the same way as beer, stopping short of adding the yeast for fermentation, so 100% alcohol free - the citrus flavour is **olive**'s top pick (£3.99 for four, M&S). Meanwhile, Guinness is evaluating the success of its 2.8% Mid-Strength (normal strength 4.1%), recently trialed in Scotland.

