5 Food Trends to Watch for in 2019

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As we are now settling into this new year, it's time to take a look at the top [food trends](#) of 2019. This year's top [food tips](#) will be inspired by cutting costs, but increasing quality, looking to the ocean for snack ideas, and finding the best plant-based alternatives for protein. From healthy fats to hemp, we can tell you all about the latest crazes when it comes to what we are eating this year. Here's some [food advice](#) and top trends for this new year!

If you are ready to find out the latest food trends for 2019, here are five of them to what to watch out for!

1. Dining in is popular this year: To cut down on the cost of going out to eat, a rising trend this year is staying home and cooking. This trend can actually help us save money and increase the quality of the food that we're enjoying.

Related Link: [Food Trends: Floral Flavors Are The Next Big Thing](#)

2. Turning to the ocean for snack inspiration: Instead of potato chips, think seaweed strips or kelp noodles. These products are very intriguing and are a nice, healthy option for when we can't resist a snack.

Related Link: [Food Trends: Acai Bowls](#)

3. Choosing the best plant-based protein alternatives: Meat-free is a continued trend for this year. We'll be seeing the best alternatives to meat being made from wheat protein, coconut oil, potato protein, and hemp.

4. Healthy fats are making a comeback: With the rising trends of diets like keto and paleo, healthy fats are becoming more popular than ever. From keto-friendly nutrition bars to coconut-butter filled chocolates known as "fat bombs", fats are starring ingredients in creative and convenient foods.

5. Hemp will be a popular new interest for many: Hemp hearts, seeds, and oils are nothing new, but a new trend focuses on other parts of hemp plants. Try the trend for yourself with hemp milk, supplements, and hemp-infused drinks to have you feeling your best.

Can you think of any other food trends for 2019? Comment below.