

# Food Trends to Watch in 2021



By Nicole Maher

With the new year comes a new list of food trends that promise to keep you feeling your best. However, with the introduction of new dieting options and superfoods flooding the market in early January, it can be difficult to determine which food trends are actually beneficial to your lifestyle. Take a look at these five [food trends](#) that are predicted to grow in 2021 to see if any of them would be helpful additions to your current diet.

## Check out the newest food trends to watch as we enter 2021.

**1. Purées:** One of the largest food trends that is expected to grow in 2021 is often referred to as “adult baby food.” While that may not sound overly appetizing, what people are actually referring to are gourmet purées. These purées come in a variety of flavors, such as rosemary, rhubarb, and sweet potato. They can either be added to meals as a side-dish, or serve as a healthy snack throughout the day. Many of these purées also come in small pouches which make them the perfect snack to toss in your bag as you leave for the day.

**Related Link:** [Food Trend: 6 Must-Have Kitchen Gadgets](#)

**2. Larger breakfasts:** With many people working from home, larger breakfasts have become more common. While breakfast dishes such as pancakes and waffles used to be reserved for the weekend, that doesn’t need to be the case in 2021. If you find yourself having more time in your daily schedule due to working from home, take some time each morning to prepare a

larger breakfast. If you are looking for healthier options, vegetable omelets and granola bowls are some great dishes to try. Larger breakfasts can also prevent any extra snacking throughout the day.

**Related Link:** [Food Trend: The Next Big Fruits & Vegetables Trends](#)

**3. Alternative oils:** Over the past few years, many people have started to switch out processed oils for more natural options while cooking. This trend is likely to continue into 2021, with a few new oil options being added to the mix. Keep an eye out for food trends such as sunflower seed oils and walnut oils as healthier alternatives when cooking. These types of products are similar in health benefits and dietary restrictions as oils we have seen become more popular in recent years, such as coconut and avocado oils.

**4. Chickpeas:** Chickpeas are forecasted to be one of the largest food substitutes of 2021. While this food may already be present in your fridge as hummus, it is beginning to expand into other dishes. Similar to cauliflower, chickpeas have started to replace other ingredients in foods such as pizza crusts, pastas, and baked goods. Chickpeas are also a great option for people with dietary restrictions, as many products that use chickpeas as a replacement are gluten free and lower in carbs.

**5. Veggie jerky:** Vegetarianism and veganism are incredibly popular diets, and that doesn't seem to be changing for the year of 2021. With so many people removing meat and animal products from their diets, more substitutes have been hitting the market. Vegetable and fruit jerkies are among the newest products to make an animal product vegetarian-friendly. These jerkies give you the same texture as one made out of meat but consist of your favorite fruits and vegetables instead!

**What are some other food trends to look out for in 2021? Start**

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