

Food Trend: CBD-and Cannabis-Infused Food



By [Mara Miller](#)

The National Restaurant Association recently surveyed 650 professional chefs about the top culinary and restaurant trends for 2019 and found that three out of every four chefs said CBD- and cannabis-infused foods will be a top [food trend](#), according to *CNBC.com*. Cannabis remains illegal at the federal level, but has been legalized in 10 states for recreational purposes. CBD oil lacks THC, which is the component of cannabis that intoxicates the user. The article also reports that some restaurateurs want to get in on the trend with less scrutiny and so they have turned to private clubs to offer these dishes. And, while some states have legalized cannabis and most [CBD products](#) became legal under federal law in

December, some restaurants with chefs who offer CBD and cannabis-infused foods may get points docked by health departments because it does not have FDA approval.

Get more info on 2019's latest food trend – CBD- and cannabis-infused food!

The bottom line is that cannabis-infused foods are not currently legal in all states. That being said, CBD oil does have health benefits and is without the mind-altering THC that comes in cannabis. If and when it does become legal and accepted by FDA standards, here are the health benefits:

1. It can relieve pain: CBD oil can be used to treat or reduce pain, such as arthritis, multiple sclerosis, back pain, and muscle spasms. These benefits are heightened when combined with THC.

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2. Antipsychotic effects: Studies suggest that CBD oil may reduce the effects of mental disorders like schizophrenia by dampening symptoms.

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3. Diabetes: In studies on mice, CBD reduced the chance of the disease by 58%. Keep in mind that this is just from a study on mice—the health benefits in humans may be different and remain unverified.

What are some other benefits you can see from CBD oil? What

**about cannabis, if it were to become legal in all 50 states?
Let us know in the comments below!**