

Food Trend: The Next Big Fruits & Vegetables Trends



By Alycia Williams

There are so many fruits and vegetables out there – many more than most of us are aware of. Just when you think you know all of them, there is another one that shows up and surprises you. That said, some are more popular than others. These [food trends](#) are usually dictated by chefs, consumers, and even social media. It's time to find out what's on the horizon as the newest [food trends](#) for fruits and vegetables.

Find out the new food trends for

fruits and vegetables.

1. Seaweed: One of the vegetables that's growing in popularity the fastest in restaurants is seaweed. It's now spilling over into the home through snack foods like seaweed chips. It's not only popular, but has great health benefits. Seaweed contains iodine and tyrosine, which support thyroid function.

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2. Jackfruit: Other countries have been consumers of jackfruit for a long time, but it's recently become popular within the United States. Jackfruit is often used as a vegan protein for its meat-like quality when cooked. It's benefited from consumers moving toward the plant-based burger world. It's another way that restaurants can use plants to mimic meat.

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3. Honeynut squash: This vegetable has a lot more flavor than a traditional butternut squash, and you don't have to use as much butter or maple syrup to make it edible. It's much easier to cook and chop. You don't have to cut it in half. We're seeing more and more retailers pick up honeynut squashes.

4. Mushrooms: Culinary forward mushrooms like chanterelles, king trumpets, lion's mane, and oyster mushrooms are really fun and have a lot of texture. They also have tremendous amounts of nutritional benefits, particularly vitamin D.

5. Yellow dragonfruit: Just like its pink and white cousin, the yellow dragonfruit has a yellow flesh and outside. It's much sweeter than the pink and white varieties you're used to. It's also low in calories and high in fiber.

What are some other fruits and vegetables that are bound to be the next big thing? Start a conversation in the comments below!