

Food Trend: Check Out the Best Diet-Friendly Snacks



By [Courtney Shapiro](#)

There are many snacks you can eat that won't disagree with your diet. A popular [food trend](#) right now is finding snacks that taste good without ruining all your progress. It's okay to eat the high calorie snacks sometimes, but we've got some [food advice](#) on which healthy snacks you'll want to incorporate into your regimen.

Check out which diet friendly snacks you should incorporate into

your eating habits

1. Hummus and veggies: Hummus comes in so many flavors and is a great guilt-free choice. Pair it with veggies for a low calorie, healthy alternative to chips.

2. Fruit with peanut butter: This is such a good snack option. Fruit gives you that sweetness you were craving, but the peanut butter fills you up and gives you energy

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3. Dark chocolate: Satisfy your sweet tooth with some dark chocolate. With significantly lower sugar and calories than milk chocolate, this is an awesome treat for fulfilling a craving.

4. Popcorn: Popcorn is a favorite on most people's lists. There are so many diet-friendly popcorn brands including Skinny Pop and Boom Chicka Pop that offer a decent serving size without sending you over your calorie count.

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5. Pretzel thins and cheese spread: Pair Laughing Cow cheese wedges with thin pretzels to have a crunchy choice. The pretzels and the cheese wedges come in a variety of flavors, so you won't get bored easily.

What are some of your favorite diet friendly snacks? Tell us below!

Food Trend: How To Utilize Farmers' Markets Near You



By [Ivana Jarmon](#)

The farmers' market has been a [food trend](#) for a very long time and has some of the freshest and tastiest fruit and vegetable available. The farmers' market offers food of a superior quality, and you're guaranteed real freshness that most grocery stores don't have. Your local farmers' market can be found somewhere in your town or a neighboring one, and a schedule can usually be found on your town's website or newsletter.

Check out some ways to utilize farmers' markets near you:

1. Educational: Farmers' markets are not just markets, but they also provide an educational system to learn about your food. Those are farmers' markets can teach you how food is grown.

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2. Supporting local business: By taking advantage of your local farmers' market, you help support your neighbor's business, which gives you the opportunity to get to know your neighbor and community. By knowing your farmer, you know your food.

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3. Why you should utilize your farmers market over a supermarket: Although grocery stores do carry a small amount of local and organic products, most cannot equal farmers markets in the variety and quality of local foods, let alone guarantee a farmer's fair price. Shopping at a farmers' market is also a unique experience where shoppers and farmers get to know each other, help each other and do business.

What are some ways to utilize your local farmers' market?
Comment below.

Food Trend: Incorporate

Coconut Into Your Meals



By Courtney Shapiro

There are several foods that taste good, but also have a bunch of benefits. One of the new [food trends](#) on the radar right now is eating more coconut. Coconut can be eaten in many ways due to the meat inside as well as the water or milk you can take from the fruit. The fruit also gets used in various beauty products and is super versatile. We've got some [food advice](#) on why you'll want to add coconut into your diet.

Check out our reasons why coconut should be included in your diet

1. **The oil is healthier:** Coconut oil can be used as a

substitute for butter especially in baking. The oil doesn't produce free radicals, the cells that kill working cells, and it has a longer shelf life. Coconut oil is also used in various beauty products!

2. Versatility: This super fruit can be cooked and eaten in many different way including toasting it for desserts or using the meat for savory dishes. If you blend the flesh of the fruit with the water, it creates coconut milk, which is used as a substitute in ice cream or yogurt.

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3. Hydration: Unknown to most people, but the popular hipster trend is actually more hydrating than regular water. Coconut water is isotonic, meaning it has the same amount of electrolytes as our blood. If you sweat, coconut water replaces the lost water in your body at a faster rate.

4. Anti Aging Properties: Coconut is rich in nutrients that promote cell division. Coconut also helps to prevent blood clots, and inhibits cancer development. These will help keep the body healthy for years in the future.

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5. Coconuts boost energy: This food item gets directly converted into energy. It also helps regulate blood sugar, and it's pretty filling, meaning you can go longer before eating again. Coconut is great for eating less as well as preventing fatigue.

Have any more reasons to include coconut? Comment below!

Food Trends: Acai Bowls



By Ivana Jarmon

Right now, one of the hottest new delicious [food trends](#) incorporates the superfruit acai into a bowl. The acai bowl is known as a typical Brazilian dish, but the history of the acai bowl traces back quite a ways. The acai palm thrived throughout the Amazonian and was a vital source of food for many people of that region. In the '70s, the dish traveled to northern Brazil and became quite famous. The dish is made up of a variety of nutritious foods and is commonly topped with granola or banana, and then mixed with other fruits and topped off with a syrup. However, there are alternative ingredients that can be used to make the delicious snack. The dish can be served in a bowl, glass and/or smoothie cup. Acai bowls are very quick and easy to make, so easy that we have the perfect acai bowl recipe you can make at home! But first some quick

[food advice](#) on the acai – the acai is a berry that grows on a tree. It is also full of antioxidants, fiber and can lower cholesterol. The berry is also full of protein. Acai boosts energy, helps with digestion, aids the immune system.

Check out our tips on how to make your own acai Bowl!

1. Base: You will want to start with a smoothie base. and you can choose your favorite: banana, apple juice, vanilla yogurt, frozen berries and acai berry puree (which can be found in the freezer section of most grocery stores). Break up your acai packet into pieces, and toss it into the blender along with the other ingredients. What you'll end up with is a thick and creamy smoothie.

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2. Bowl: You want your acai smoothie to be on the thick side because you're going to pour it into a bowl and eat it with a spoon.

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3. Toppings: Feel free to be creative with your toppings; you can use fresh fruit and nuts, coconut, sliced almonds or granola. Once you have added your toppings, dig in!

Have any more tips on how to make a perfect acai bowl? Comment below!

Food Trend: Benefits of Eating Local



By [Haley Lerner](#)

Looking for a way to spice up your diet? One of the hottest new [food trends](#) is eating local. Eating local is when you eat food that is locally grown and produced and is not moved long distances to market. If you're looking to for an easy celebrity diet, eating local may be the perfect thing for you and your family to try out. We've got some [food advice](#) on why eating local is a great choice for you. After reading this, you'll want to head straight to your local farmers market.

Check out our reasons why eating local is a perfect food trend for you to try!

1. Fresher food: One reason you should opt to eat local is that your produce is going to be so much fresher than when you buy it from a chain supermarket. Fruits and vegetable begin to lose their nutrients as soon as they are picked, so buying food locally cuts down the time it takes for your food to get from the farm to your table.

2. More flavor: Another reason to eat local is that produce is being picked in their peak state of ripeness, so you'll get to eat your food when it'll be tasting the greatest. You'll also be only eating food that is in season, so there won't be any artificial ingredients or preservatives in your produce.

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3. Support your local economy: One of the best parts of eating local is that your money will go towards local farmers and sellers. You'll be promoting your local economy and helping businesses and services in your community stay afloat.

4. Environmentally friendly: Buying locally grown foods help maintain lots of farmland and green space in your community. You can thus help your town become greener and more environmentally friendly.

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5. Know what you're eating: Eating local is a lot safer than buying food from a regular grocery store. You know where your food comes from so there is less of a chance of contamination and safety issues from food traveling from far off locations. You also can ask your local growers about their growing

practices so you are really comfortable with what you are eating.

Have any more reasons you should eat local food? Comment below!