

Food Trend: The Best Pre-Workout Foods



B

y Nicole Maher

We've all heard the saying that abs are made in the kitchen, right? As we move through the new year, many of us may be trying to stick to resolutions revolving around getting in shape. However, it can be frustrating if you are going into your workouts feeling tired or like you haven't seen any results yet. These feelings could be products of the foods you're eating before beginning your fitness routine. Try incorporating some of the following [food trends](#) into your pre-workout routines this year to help you stay energized and experience the best results.

Check out these five food trends to pick the perfect pre-workout food for your fitness plan.

1. Oats: Oats make for the perfect pre-workout food because of their high fiber content. Their high ratio of fiber allows them to release carbohydrates at a slower rate than other foods. This slow release of carbs over the course of a workout rather than all at once will help you maintain a consistent energy level throughout your exercises rather than experiencing an abundance of energy followed by a hard crash. Oats that are less processed, such as Irish oats, are generally better as a pre-workout snack.

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2. Grilled chicken: If you're looking to take on a big workout for the day, or are taking part in some kind of athletic event, it is important to eat something that is high in protein. Grilled chicken is the ideal protein-packed food because it is healthier than fried chicken options. If you are looking to build muscle mass over time, incorporating grilled chicken into your regular weekly diet is also helpful in experiencing the best results from your workouts.

Related Link: [Food Tips: Juice Cleanses Do's and Don'ts](#)

3. Bananas: Bananas are one of the most beneficial and versatile foods when it comes to preparing for a workout. You can either enjoy a banana as a snack before heading to the gym, or mix one into a pre-workout smoothie. This fruit has plenty of natural power as it is packed with both carbohydrates and potassium. Ninety percent of the calories in bananas are carbs, which help fuel both the body and the mind during a workout. The potassium found in this pre-workout food also helps support nerves and muscles as you make your way

through different exercises.

4. Greek yogurt: Like chicken, another food that is packed full of protein is Greek yogurt. While regular yogurt is also a good option, Greek yogurt typically has less sodium and more protein, making it a better pre-workout snack. This protein will help build and protect your muscles during your workouts. Mix this food trend with some fruit to gain the best results in your workout. The added fruit to Greek yogurt will give you some extra carbohydrates as you get ready to workout, which will help keep your energy levels high.

5. Trail mix: Following the trend of protein, another great option for building and maintaining muscles is trail mix. It is the nuts found in trail mix that are the largest source of protein. However, these nuts are also typically high in fat, which would not make them the best option if your main objective of working out is to lose weight. Opting for a trail mix with dried fruit rather than chocolate is also a good way to make this food trend more effective, as the fruit offers more carbohydrates and cuts back on the calories found in chocolate.

What are some other pre-workout foods that can help you make the most of your fitness routine? Start a conversation in the comments below!

Food Tips: Superfoods in the New Year



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y Carly Silva

“Superfoods” refer to those foods that are especially nutrient-packed and healthy for your body. Many superfoods are fish or plant-based, and they are great ingredients to incorporate into your diet for some major health benefits. Trying out some of these powerful foods will be a great way to stay healthier as the new year begins!

If you’re looking for some new [food tips](#), check out these superfoods to try in the New Year:

1. Avocado: Perhaps one of the most popular up-and-coming superfoods, avocados are perfect for almost any meal. Avocados are a heart-healthy fatty acid, and they are also loaded with

potassium and fiber. Avocados are perfect to have in the morning for breakfast as a topping for your favorite toast, or placed on top of an egg sandwich!

Related Link: [Food Tips: 6 Recipe Ideas for Thanksgiving Leftovers](#)

2. Salmon: Salmon is another great and trendy superfood that is a great source of protein. Salmon, along with many other types of fish are loaded with omega-3 fatty acids, which are known to reduce the risk of heart disease. Salmon is a perfect protein to have as a main course for dinner, and smoked salmon is even a popular breakfast item to pair with a bagel and cream cheese!

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3. Eggs: Eggs are one of the most versatile superfoods you can include in a diet. They are great sources of protein, and are loaded with different vitamins and minerals. They're also known to reduce cholesterol levels. Eggs are super easy to prepare and you can have them with almost any meal. Some great meals that include eggs are poached eggs for breakfast or egg salad for lunch!

4. Chickpeas: Chickpeas are another trendy superfood that is perfect for 2021. They are packed with nutrients and are a perfect option for a plant-based protein. Chickpeas are a perfect salad topper to add some extra benefits to your meal. You can even look for chickpea based pasta and breads that are a healthier alternative to refined grains!

5. Acai: Acai berries are another recently popular superfood. These trendy bright purple berries are loaded with antioxidants. They're a great option to have if you're looking for something sweet, but still want some health benefits. Acai berries are really popular ingredients for fruit bowls and smoothies, and you can find acai puree just about anywhere!

What are some other superfoods to try in the New Year? Start a conversation in the comments down below!

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.

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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.

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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 a conversation in the comments below!

Food Tips: 6 Recipe Ideas for

Thanksgiving Leftovers



B

y Nicole Maher

One of the biggest food holidays of the year is Thanksgiving. From full-sized turkeys, to mounds of mashed potatoes, to various types of desserts, there is no shortage of options when it comes to preparing the perfect holiday meal. However, after you've cooked and shared the day with your family, you'll likely be left with numerous leftovers. Check out some of the following [food tips](#) that'll allow you to use these Thanksgiving leftovers and transform them into entirely new meals.

Get ready to enjoy your

Thanksgiving leftovers with these food tips and six potential recipe ideas.

1. Old-fashioned turkey sandwich: The easiest thing to make with Thanksgiving leftovers is a simple turkey sandwich. In the days following the holiday, you are probably tired of cooking and looking for an easy way to use up the leftovers in your fridge. A simple sandwich complete with sliced turkey, cranberry sauce, lettuce, and tomato is an easy way to clear out some of the extra food and keep the cooking to a minimum! Use some leftover dinner rolls or rye bread to free up even more room in your kitchen.

Related Link: [Food Tips: Healthy Thanksgiving Meal Alternatives](#)

2. Turkey pot-pie: A turkey pot-pie, or shepherd's pie, is a great way to eliminate some of the leftover meat and vegetables. Throw your remaining turkey into a pot along with your leftover vegetables and gravy before covering the top with potatoes or stuffing. This food tip will leave you reliving your perfectly created Thanksgiving meal a few days later, with all the flavors in one bite!

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3. Sweet potato waffles: Not all leftover recipes have to be devoted to lunch or dinner meals. Make use of some of your leftover sweet potatoes the following morning by making sweet potato waffles for breakfast. By mashing your remaining sweet potatoes and adding them to your favorite waffle recipe, along with some brown sugar and cinnamon, you'll cook up the perfect fall-flavored breakfast to round out the autumn season.

4. Turkey and vegetable soup: Another option that allows you to use numerous different leftovers in one new dish is turkey and vegetable soup. This one is relatively self explanatory as you simply cut or shred some leftover turkey and mix in your remaining carrots, potatoes, and celery from your Thanksgiving meal. This food tip also provides for a lighter option if you still feel stuffed from the large meal you prepared days before!

5. Thanksgiving leftovers casserole: While the idea of cooking a casserole may sound old-fashioned, they are still a great way of utilizing leftovers from any major holiday, especially Thanksgiving. This option allows you to use everything from leftover turkey, to vegetables, to even your leftover stuffing. Incorporating different spices is also a great way to modernize your casserole and eliminate some of the traditional Thanksgiving flavors you may be tired of at this point!

6. Cranberry-apple pie: Finally, no week of Thanksgiving leftovers is complete without a dessert option. While you may be finishing off various baked goods from Thanksgiving day itself, that doesn't mean you should skip out on making a new dessert from your leftovers. Mix in some cranberries and apples into a pie crust to use some of your remaining cranberry sauce. You can also substitute sweet potatoes into a pumpkin pie recipe if you prefer that option, which still allows you to make use of some leftovers.

What are some other recipe ideas for Thanksgiving leftovers? Start a conversation in the comments below!

Food Tips: 5 Healthy Lunch Options



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y Carly Silva

Eating a healthy lunch isn't always easy, especially if you find yourself to be extremely busy during the day. Sometimes, it seems easier to reach for something unhealthy and quick, or resort to getting takeout for lunch, but there are plenty of fun lunch recipe options that are quick, easy to prepare, and healthy!

If you're in need of some [food tips](#)

for a clean mid-day meal, here are five healthy and tasty lunch options.

1. Taco salad: A taco salad is a great idea for a tasty and filling lunch during the day, and it can be as simple as you'd like. All you need is ground turkey with brown rice, or even cauliflower rice to keep it super healthy. Top it off with shredded lettuce, tomatoes, black beans, and corn to get some veggies in and stay full throughout the rest of the day!

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2. Turkey roll-up bistro box: A bistro box is a super easy lunch to make, especially if you don't have the time to cook or prep meals. All you need to do for this bistro box is roll up slices of turkey, with cheese if preferred, and stick a toothpick through them to keep them together. For the rest of the box, you can add other filling and health snacks like veggies, nuts, or cheese cubes. These bistro boxes are not only quick to assemble, but they're also super easy to transport if you're bringing it to work.

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3. Veggie pasta salad: If you find yourself needing some carbs throughout the day to keep yourself fueled, pasta salad is a great option, especially if you make it healthy. Start by using whole wheat or chickpea pasta, then add in some healthy veggies and toppings. Some great toppings are cucumbers, tomatoes, olives, and cheese. Feta and mozzarella cheese are perfect for this recipe, and you can always top it off with a light dressing if you need more flavor!

4. Turkey burger: Turkey burgers are a great healthy twist on

the classic burger for lunch. Try eating a turkey burger on a lettuce wrap to make for a super healthy burger. You can also cut up the turkey burger and eat it over rice or in a salad as well.

5. Stuffed avocados: These stuffed avocados are a great way to get yourself full without indulging in unhealthy foods. To stuff an avocado, fill each half with the protein of your choice: turkey, tuna fish, or even beans. Then, top them with a little bit of your favorite cheese and put them in the oven to bake!

What are some other healthy lunch options? Start a conversation in the comments down below!

Food Trend: Breadfruit is the New Superfood





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y Carly Silva

Superfoods are great to implement into your diet! They are some of the healthiest food options and have multiple health benefits. Of course, everyone is familiar with the more popular superfoods, such as avocado, salmon, and spinach, but have you ever heard of breadfruit? New research is suggesting that this starchy, green, tree-grown fruit may be a new superfood to add to the list.

If you're looking for a new superfood to mix into your diet, here are five reasons why new food trend breadfruit might be the key:

1. Lots of nutrients: Breadfruit is being discussed as a superfood mostly due to the nutrients it offers. Not only does breadfruit contain fiber and protein, but it also has nutrients like magnesium and potassium, and a low glycemic index.

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2. Healthy grain option: Researchers have tested breadfruit flour, which introduces a new gluten-free flour option. It is a healthy grain loaded with nutrients and provides higher fiber levels, too.

Related Link: [Food Trend: Health Benefits to Eating Mushrooms](#)

3. Complete protein option: Using flour produced from breadfruit is a complete protein option, one that is gluten-free and nutrient-loaded. Modern foods and diets are often reliant on gluten-free ingredients, so breadfruit may be a great superfood to add to your diet.

4. Sustainable food source: As more research is being conducted on breadfruit, scientists even believe that it may be a reliable source for food sustainability around the globe as well.

5. Easy to prepare: Breadfruit, which has a similar texture to that of a potato, has traditionally been cooked using fire, but can also be steamed, boiled, or baked, which makes for an easily prepared food.

Can you think of other beneficial superfoods? Start a conversation in the comments down below!

Food Trend: Food for Your DNA





B

y Alycia Williams

“Everyone is different.” We’ve all heard this saying at least once in our lives, and it’s true we are all different all the way down to our taste buds. Have you ever wondered why you think something tastes amazing while your friend absolutely hates the exact same thing? That’s because depending on our DNA, things can taste differently. How does your genetic make-up influence your taste buds?

In this food trend, check out ways DNA can affect how you experience eating food.

Here are some key ways:

1. Bitter blindness: Some people have what’s called Bitter Blindness which basically means their taste buds are immune to things that are more bitter. These people usually have a better time eating vegetables, because most vegetables are loaded in PTC (phenylthiocarbamide), which is what makes

vegetables bitter. Those who can't taste it have bitter blindness.

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2. Hypersensitive, sensitive, and tolerant: Not only are our taste buds different, but depending on your DNA, some people have more or less taste buds than someone else. You can have anywhere from 500-11,000 taste buds. Those who have more taste buds are considered hypersensitive tasters. Anything too bitter or too overpowering will be too much for a hypersensitive taster. People who have less taste buds are tolerant tasters, as there aren't many things that a tolerant taster can't eat.

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3. Anxiety & depression: There are some physical side effects to anxiety and depression that can affect your taste buds. Someone dealing with anxiety or depression can eat the most flavorful food on the planet, but it could taste like cardboard to them. Essentially, the brain's chemicals are in control of what you taste so when their levels are a bit abnormal, your ability to enjoy a food's distinctive flavor suffers.

4. Carrier of the OR6A2 Gene: Have you ever heard someone say they think Cilantro tastes like soap? That's because they have the OR6A2 gene. Approximately 14 percent of the population carries this gene, which actually makes cilantro taste like soap, while others are just tasting cilantro.

5. The Womb Experience: Depending on what your mother ate while you were in her womb can determine what you have a taste for once you're born. Once a baby is born, the baby will already know what the people in his or her culture eat and have a preference for these foods. That doesn't mean you can't acquire your own love for different kinds of food later on, though.

Do you know some other ways genetics influence your taste buds? Start a conversation in the comments below!

Food Tips: Juice Cleanses Do's and Don'ts



B

y Alycia Williams

Navigating juice cleanses can be so difficult. It can be hard to determine how, when, or why to do them. If you need some [food tips](#) on juice cleanses, today we're going some over some do's and don'ts. Here is the [food advice](#) for this [food trend](#).

In these food tips, check out some advice for juice cleanses.

1. Do choose a cleanse that's right for you: There are so many different kinds of juice cleanses, and there is definitely one that is right for you. Some people have pressed juice only, others just cut out things like alcohol, caffeine, processed or refined foods, sugar, gluten, common allergens and animal protein. Most people feel much more energized and satiated when they include lean protein, and/or raw veggies and fruits they can chew, rather than juices that are gone in a few gulps. It's perfectly OK to "cherry pick" from various plans to create a program that feels right for you.

2. Don't do it to be trendy: If you're going to do a juice cleanse, make sure it's because you really want to do it and not because your friend is doing one. Those who follow trends usually have a much harder time sticking to it, and when people who aren't really committed to cleansing their body doing them, they end up binge eating after the cleanse.

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3. Do use the cleanse/detox as a gateway to a healthier lifestyle: When you finish the juice cleanse, do your best to keep a healthy diet. You can open up your diet to more than just vegetable juice, but try to stay away from sugar-filled foods and drinks.

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4. Don't start working out consecutively: The juice cleanse is made to clean your body of previous unhealthy eating and toxins, not to lose weight or gain muscle. If you start working out while having this limited eating diet, you're in for the worst. You'll experience dizziness, tiredness, and

nausea. Wait until after you finish the cleanse to then start working out.

5. Do stay hydrated: Make sure that you're not just relying on the juice to keep you hydrated. Drink water as well. 8-10 glasses a day is perfect to go along with your juice. Herbal teas are helpful as well.

6. Don't ignore hunger pains: If you ignore your hunger you'll be subjecting yourself to some harsh side affects. If you get hungry just simply munch on a fruit or vegetable.

7. Do try it with a friend: Since juice cleanses can be so difficult especially when you get tired of eating fruits and vegetables doing it with a friend can be fun and you guys can keep each other on the cleanse. It can also be a fun and healthy experience together.

8. Don't end the cleanse without transitioning: After only drinking and eating fruits a vegetables it is important that you don't jump into eating in large portions. Take your time and ease into those larger meals.

What are some other do's and don'ts of juice cleansing? Start a conversation in in the comments below!

Food Tips: Healthy Thanksgiving Alternatives Meal



B

y [Hope Ankney](#)

Thanksgiving is a time where families come together, memories are made, and a delicious meal is prepared. But, what do we all know too well about this holiday? We know the overstuffed feeling of eating too much [food](#), lying on the couch, and unbuttoning our jeans. The food served during the holidays, but especially around Thanksgiving, are carb-loaded and act as a gateway to long-term consequences if you're not careful. So, implementing a tradition of healthier food choices for your holiday meals can stop the overeating misery you experience every year and even keep your waistline in check.

Food Tips: Thanksgiving is a holiday known for its huge feast.

What are some small changes you can implement for a healthier Thanksgiving meal?

Now, we're not saying to deprive yourself of all the goodies that Thanksgiving has to offer on the dining table, but try to switch out one or two dishes for something a bit healthier. Nothing too drastic, but make sure these meal alternatives won't have you wishing you hadn't eaten it hours later. Who knows, maybe Cupid's [food tips](#) on some healthier Thanksgiving Day plates will even become a traditional meal prepared in your home for years to come:

1. Pumpkin soup: Is Thanksgiving complete if you're not at least biting into something pumpkin-flavored? An easy dish to prepare, pumpkin soup packs all the flavor and all the filling of any other pumpkin recipe. By using this recipe from [Rachelcooks.com](#), you'll have a delicious, well-spiced curry soup in only 25 minutes!

2. Roasted sweet potatoes with honey and cinnamon: Sweet potatoes are featured in many Thanksgiving dishes. It's most well-known for the tasty sweet potato casserole that is a staple to the holiday. If you're looking for a healthier option, don't worry, a simple roasting of these potatoes with a slight drizzle of honey and a sprinkle of cinnamon will be just as delicious as any dessert there.

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3. Vegan stuffing: This alternative might not look much different than the regular, but it is much healthier for you. Taking away the butter and eggs, you're still able to get a flavorful dish that reminds you of the holidays. The [Foodnetwork.com](#) has a recipe that even features green tea to

give it an earthy kick that chicken stock or vegetable stock won't give you.

4. Thanksgiving cauliflower: This might not sound appealing, but trust us on this. With the recipe provided by Delish.com, it'll be a crowd favorite during the holiday. Pouring gravy on top of the cauliflower will make everyone forget about looking for the mashed potatoes.

Related Link: [Food Tips: Natural Sugar Replacements](#)

5. Apple nachos: When it comes to desserts, it's difficult to steer away from all the pies and cakes that are served on Thanksgiving. But, apple nachos can be the one thing that saves that dessert table. Obviously healthier than a pie, this dish from Delish.com can be prepared in minutes flat and have your guests coming back for more. It's a fun and creative recipe that you can mix and match every time you make it.

What are some healthy meal alternatives you prepare for Thanksgiving? Let us know!

Food Trend: Fun Halloween-Inspired Desserts





B

y [Hope Ankney](#)

There's a lot that goes into planning for Halloween. There are the costumes, the pumpkin patches, the hayrides, the movies that won't scar anyone too badly, and, of course, the [food](#). Having tasty snacks to eat are a staple for any good Halloween-themed get-together. They're not only a fun decoration, but they can taste terrifyingly good. So, why not put on your apron, get in the kitchen, and start brainstorming what spooky [food trends](#) will have your guests begging for the recipes by the end of the night?

Food Trend: With Halloween just around the corner, what are some of the best Halloween-inspired desserts you can bring to your party this year?

Let's face it: Halloween is nothing without the sugar. Sure,

you can have a Halloween party and include more savory foods, but that's not what guests come for. When it comes to October 31st, we're setting our sights on dessert and dessert only. Guests come to indulge in so many sugary-sweet treats that they can barely stand afterward, and it's the one day a year where that is perfectly acceptable! If you want to have some fun, spooky snacks that are easy to make this Halloween, look no further than at Cupid's [food tips](#) for the best desserts to create this holiday:

1. Gluten-Free Halloween Monster Cookies: Whipping up some gluten-free options makes sure that every guest won't miss out on the fun. With cookies, it's easy to make them look like a spooky treat. Have almond butter, natural sweetener, and dark chocolate chips on hand as you plunge into this recipe. To bake the cookies, follow the steps provided off of [Primaverakitchen.com](#), and then make sure to have some Halloween-colored sprinkles to draw a mouth with. Finish by adding a couple of white chocolate chips painted with dots of black food-coloring that are placed as the eyes of the monster!

Related Link: [Food Tips: Natural Sugar Replacements](#)

2. 3-Ingredient Spooky Rice Krispy Treats: With how busy you'll be planning for Halloween festivities, don't let complicated desserts eat up more time. Instead, opt for simple and easy snacks like these three-ingredient Rice Krispy treats to dazzle your guests. According to [Chelseasmessykitchen.com](#), all you'll need to do is take some rice cereal treats, dip them into some colored chocolate melts, place candy eye-balls on them, and cover them in sprinkles. How fun!

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3. Boo-scotti: A quick yet cute dessert that looks more sophisticated than it really is, is chocolate dipped biscotti

cookies. Another three-ingredient recipe, Goodhousekeeping.com details how to make this treat in no time! Melt down some white chocolate, dip the biscotti into the mixture, lay on parchment paper in the fridge for 15 minutes, and then melt some milk chocolate, take a toothpick, and make the ghost's face.

4. Ghost Cupcake Cones: A fun, little twist on a regular cupcake that will have your guests excited to try them. All Confessionsofacookbookqueen.com states is that you must bake your cupcake inside of an ice cream cone before decorating it to the top with a white, frosting swirl. Create the face with black food coloring and toothpicks, and you're done!

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5. Marshmallow Mummy Pops: This is probably the easiest dessert on the list. Coming from Sprinklesofbreakfast.com, all you have to do to make this cute treat is to purchase some jumbo marshmallows, lollipop sticks, white chocolate melts, candy eyes, and some white frosting to pipe at the end. Attach your marshmallow to your stick, dip it in the melted white chocolate, place the candy eyes, sit it in the fridge for 10-15 minutes, and then take your white frosting and pipe it over top of the marshmallow in big ribbons that resemble a mummy!

What are some of your favorite Halloween-inspired desserts to make? Tell us in the comments below!

Food Tips: Seven Foods That Aren't Really Vegan



B

by [Hope Ankney](#)

Sure, being vegan seems like an easy enough regiment to follow: Avoid dairy, meat, eggs, fish, and any animal-based ingredient. But, distinguishing what foods do and don't contain some of these ingredients can be much harder to recognize, even for a seasoned veteran. It's important to know what foods are safe, and surprisingly, some [foods](#) that seem vegan actually aren't at all!

Being a vegan is great for a

healthy lifestyle, but sometimes it's difficult to know what foods are safe! In these food tips, find out some surprising foods that aren't vegan.

Going to the grocery store as a vegan can be a slippery slope sometimes. It's one thing to know that fruits, vegetables, and dry grains are safe dietary options for a vegan, but it's another thing when the options become murkier. Reading labels becomes second-nature when it comes to pre-packaged foods because anything from lard to gelatin can be found in products that seem vegan-friendly upon first glance. But, if you're now wondering if some of your favorite foods aren't safe, don't worry! Cupid has some [food tips](#) for seven foods that are, surprisingly, not vegan:

1. Bagels: Even though bagels might seem safe, many are known to contain L-cysteine, which is an amino acid that is found in human, duck, or even hog hair! This ingredient is added by many commercial food manufacturers because of how much it speeds up production and how it makes a nicer texture in the bread. That said, it's more common than you think for manufacturers to use synthetic L-cysteine in their bagel products now. But, before you snag one on the way to the office, make sure the company you're buying the bagel from has options suitable for vegans!

2. Honey: As delightful and appropriate as honey may look, it doesn't fit the bill for being vegan. The key reason for this is because bees are killed during the production of honey. Honey is the main source of food for bees, and beekeepers tend to kill the queen bee to keep the production levels of the honey up. If you're looking for alternatives, maple and agave

are great options for your honey fix!

3. Refried beans: Vegans know to stay away from any products that contain or are cooked in lard. But, it's not as common to know that foods that list 'natural flavors' could also mean they contain meat products! Make sure to know the sourcing and production process of these beans before assuming they're suitable foods for vegans. Search out vegetarian refried beans to make sure meat isn't used, and even then, check the label for other non-vegan products that could be involved.

Related Link: [Food Tips: Natural Sugar Replacements](#)

4. Marshmallows and Haribo treats: Unfortunately, most marshmallow and Haribo products contain two of a Vegan's no-go ingredients: gelatin and possibly carmine (if the sweet is red). But, fear not! With the rise of veganism in the mainstream food industry, there's a massive selection of vegan sweets that you can enjoy just like everyone else.

5. Some dark chocolate: Usually, dark chocolate can be checked off as vegan. However, there are some brands that do contain animal-derived ingredients such as whey, a variety of milk related products, or clarified butter. Those should easily be distinguishable on the back of a label, though, if you're unsure next time you're craving some dark chocolate.

6. Beer: Something that vegans really should be aware of is what beer is filtered with. Alcohol, in general, can be a slippery slope for vegans depending on what products go into creating the drink. But, with beer, many brands are filtered with isinglass. Isinglass is a membrane that is derived from tropical fish bladder. It usually is used to give your beer that bright and clear look. If you're unsure of whether your beer is vegan or not, German and Belgian beers are usually great vegan-friendly alternatives!

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7. Figs: Most times natural fruits are safe for vegans to eat. But, with figs, it's a little more complicated. Unlike other products on this list, this situation isn't due to industrial processing. Instead, it's because female wasps lay their eggs inside figs. Often, these wasps are unable to escape from the fruit, and they decompose inside of it. Figs produce enzymes that break down the wasps so they're a protein, but it's hard not to think of this when you're munching on certain kinds of figs that contain wasps. Yikes!

Did any of these foods surprise you as not being vegan-friendly? Comment down below!

Food Tips: Natural Sugar Replacements





B

y [Emily Green](#)

No matter what kind of food or drink you buy, there is an extremely likely chance that it contains a decent amount of sugar. While sugar is known to be bad for you, some people can't stop having their daily morning coffee because of the sugar that's in it! Many [famous cooks](#) or [TV chefs](#) like Rachael Ray have added natural sugar replacements into their food or drinks, making their meals healthier bit by bit. By replacing the sugar in your drinks or meals with healthy, more natural sugar replacements, you can continue on your daily grind without having to worry about the effects the sugar can have on your body.

Replacing the sugar in your drinks or meals is a great food tip to improve your lifestyle! What are some great natural sugar

replacements?

There is nothing good about adding *unnneeded* sugar to our diet at all, especially the ultra-refined white sugar you find in every grocery store the baking aisle. Our bodies break carbohydrates, like bread or the sugar you find in an apple, down into sugar for energy that is necessary for your body to survive. Natural sugars are packed with vitamins, minerals, and other nutrients that help us stay healthy. But do we really need to add three teaspoons of sugar to our coffee? Here are some of Cupid's favorite sugar alternatives to include in your diet for when you must absolutely have extra sweetener:

1. Xylitol: Xylitol is a "sugar alcohol" typically extracted from corn, and found in many fruits and vegetables. Having 40% fewer calories than sugar, xylitol does not raise blood sugar or insulin levels. Wondering how this can help you? Xylitol can provide many dental benefits, in addition to helping protect your body against diseases like osteoporosis.

Related Link: [Food Trend: Check Out the Best Diet-Friendly Snacks](#)

2. Erythritol: Another "sugar alcohol," Erythritol is even healthier than Xylitol. Containing only 6% of the calories of regular sugar, it tastes exactly like regular sugar, making it an easy substitute. This way you can still have your morning coffee without having to deal with a change in taste.

Related Link: [Food Trend: Incorporate Coconut Into Your Meals](#)

3. Yacon Syrup: This sweet, dark syrup is extracted from the yacón plant, which is native to South America. With a consistency similar to molasses, Yacon syrup not only contains one-third of the calories regular sugar possesses but also acts as an appetite reducer. Adding Yacon syrup to your diet

us a great way to help you reach your goal weight!

4. Stevia: Stevia is a natural sweetener with zero calories, and has numerous health benefits! From being proven to lower blood pressure, blood sugar, and insulin levels, Stevia is the perfect sugar substitute to help fight against diabetes. Try it in your next coffee, you never know how much your taste buds will appreciate it!

What are some other natural sugar alternatives? Let us know in the comments below!

Food Tips: Jack Fruit & Other Ocean Inspired Flavors





B

y [Katie Sotack](#)

Summer may be over, but your ocean journey has just begun. Pacific [foods](#) are trending in 2019, meaning that the sand in your shorts has faded but the salt on your tongue lives on. Fruits like Jackfruit, a tropical Indian food reminiscent of the fig family, will be popularized in organic supermarkets such as Whole Foods. According to *TasteofHome.com* the juicy jackfruit isn't the only tropical flavor we can look forward to in our [food tips](#).

With ocean-inspired foods on the rise, how can we bring pacific food tips for a tropical summer palate to our cozy fall dinners?

When eaten, oceanic foods taste like an impossibly hot day ending in a juicy bite of fruit. Or a homey barbecue while the pool water dries off your tanned skin. The flavors are a

journey to a tropical paradise where relaxation meets comfort eating. With all this sensual indulgence from these foods, you might wonder how it can meet with the hearty meals of fall. Here is [food advice](#) for this [food trend](#).

1. Embrace the meats: Given you're a meat-eater, this is a quick way to satisfy the fall craving for hearty goodness with ocean-centric flavors. Filipino pork sausage, a popular pacific food, would be a perfect substitute for traditionally western meats like beef in a recipe. Switching out your regular meats to an ocean nation's foods will add a twist to any plate.

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2. Seafood: There's nothing yummier than oven-baked salmon. With a splash of sea salt and a butter-based sauce, sea meats are a wonderful transition meal from summer to fall. Popular on pacific islands for its accessibility, seafood is filling, healthy, and spot on-trend. To fulfill the hearty fall hopes you may have for this dish, pair with a starchy carb like potatoes.

3. Don't forget the veggies: This food trend is not an excuse to ignore your fiber-filled friends on the plate. After you've got the base of your meal with oceanic meat, fill up on dark greens suggestive of the ocean. Kale, which became a popular fad in American about a decade ago, is the perfect add on that's also easy to find in your local market. If you're willing to do some hunting, get your hands on wild plants native to pacific regions. Try out a fiddlehead fern or cow parsnip.

Related Link: [Food Trend: Top 5 Reasons You Should Eat Imperfect Food](#)

4. Dessert: Last but certainly not least is the pacific desserts we've all been waiting for. Do not fill up on heavy cakes and pies. Rather take a tip from our ocean-living

friends, and end your meal with small berries and tropical fruits. Certain summertime fruits like plums, strawberries, and watermelon may be more difficult to find out of season. However, put a fall spin on your after-dinner layout with blueberries, cranberries, and pomegranate, which are easier to find in the fall.

How will you incorporate ocean foods into your fall recipes? Share in the comments below!

Health Trend: Intuitive Eating



B

y [Katie Sotack](#)

As sure as [Taylor Swift](#)'s albums win Grammys, [health trends](#) come and go. This time an all the rage [celebrity diet](#) might be reasonable enough to stay: intuitive eating. Models like Steph Claire Smith and Gemma Atkinson have embraced a balance, mindful way of consuming food. Rather than counting calories or suffering through another juice cleanse they trust their guts. The premise of intuitive eating is resetting your mind's ideas around food. Your body dictates when you're hungry, full, and satisfied. It's nature's way of letting us know what and when to eat.

The latest health trend indulges your food instincts, but what are the benefits to intuitive eating?

Resetting your body's natural instinct for food is not a task for the light of heart. No diet comes without its fair share of trials and tribulations. So what makes intuitive eating worth the effort with this [food tip](#)? Here is [health advice](#) for this way of life:

1. It is natural: Letting yourself live in the moment is far less stressful than weighing out each food choice and counting calories for every snack. If you're hungry, eat: it's that simple. There's no wrong way to embrace this lifestyle because our bodies have a built-in system for managing food. They know when and how much will satisfy us. All it takes is listening to your gut.

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2. It is a lifestyle: There's a reluctance to call intuitive eating a diet. That's because years of bombardment from the diet industry teaching us to feel bad about the way we consume

food have brought about a negative connotation to the term. Intuitive eating, on the other hand, is much more lifestyle based. Rather than following a set of rules and equations, food is seen as the nutrients you need to function. Eat as much or as little as your body desires.

3. It puts the fun back in food: Similarly to the reason it's a lifestyle and not a diet, intuitive eating is meant to be a joyful experience. If you're craving chocolate, you may eat chocolate until you're satisfied. The lack of strict limitations lets the consumer feast, guilt-free, on their favorite foods.

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4. It is a responsibility: While all this food freedom may sound like a kitchen frenzy, intuitive eating is still a responsibility. The eater is in charge of what they consume and when they eat, meaning they must take listening to their body seriously. If not in touch with their gut, they run the risk of ignoring signals and not seeing positive results from this means of consuming food.

5. It restores your peace of mind: Your relationship with food is in need of a breakup. With so many messages about how we should be eating and how what on our plate is going to kill us, the diet world can seem impossible to navigate. Restore your peace of mind by listening to your body's natural desires and needs. Intuitive eating allows for a mindful experience, that creates peaceful feelings around food and fitness. After all, everybody is different and only yours can tell you what's right for it.

How do you listen to your body when eating? Share in the comments below!

Food Trend: Zero Waste Eating



B

y [Bonnie Griffin](#)

In recent [food trends](#), restaurants and bars are taking the age-old saying “less is more” to new heights with zero waste eating. Restaurants are using many different methods to ensure no food goes to waste, from composting to donating glass trash for recycling. Some [popular restaurants](#) are even passing the trend along to customers with no cutlery waste and reusable packaging. When enough food is thrown away each year to feed 870 million people, it is nice to see a food trend that helps eliminate unnecessary waste.

Zero Waste Eating is a new food trend that can help you cut down on food waste. Here are some ways to waste less food.

Restaurants and bars typically have a lot of waste from food that doesn't get served or eaten to paper and plastic cutlery and broken dishes. When people are starving while food is being thrown away by the gallons it is nice to see restaurants stepping up and working to eliminate waste. You don't have to be a restaurant or bar to practice zero waste eating. Cupid has some food tips on zero waste eating:

1. Only cook what will be eaten: It's unimaginable to imagine we would throw away perfectly good food when people around the world are starving, yet it happens often. Large portions lead to food waste that is unnecessary and this can easily be avoided. When preparing meals or ordering at a restaurant only order or make what you know you and your family will eat. If you do wind up with too much food, don't throw it out. Leftovers taste great a day after and can make for a great lunch for work. If you really don't want your leftovers, give it to someone else who will want it.

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2. Composting: Have too many leftovers, or you are tired of eating the same thing after night two and considering throwing away perfectly good food? Why not try composting? Composting helps you build up your soil so that it retains moisture and reduces the need for chemical fertilizers. It is great for that beautiful flower bed you've been wanting to plant to liven up your curb appeal or can be used to plant your very own garden where you can grow your own fresh vegetables.

Related Link: [Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches](#)

3. Stop using disposable dishes and utensils: We all know using paper plates and plastic utensils are convenient. All you need to do after you're done eating is toss it in the trash. Have you thought of the impact doing this has on the environment? Bright white paper plates are composed of wood fibers which must be bleached and have chlorine compounds in them. Plastic doesn't rot, so it harms wildlife. Instead, use dishes that can be reused and washed to eliminate the waste you created when you eat. It only takes a few minutes to wash your dishes after you are done with your meal.

Related Link: [Love & Libations: Celebrity Pink Sips For The Summer](#)

4. Store food properly: How often do you throw away food that went bad because it wasn't stored properly or wasn't used in a timely manner? Cut down on food waste by storing food properly so it lasts longer, and only buy perishables that you know you will be used within a set amount of time. You can buy plastic storage bowls or plastic bags to store your food. Also, don't underestimate the power of your freezer, which will help keep certain foods longer (even bread) until you can get to them.

5. Shop with a plan: Start meal planning. This way, you'll know exactly what you need to buy after you make a shopping list for your next trip to the grocery store. As long as you can keep yourself from deviating from your list, you'll prevent yourself from buying food you don't need and won't need to worry about expiration dates. You'll also eliminate waste by throwing out food that has gone bad, so you'll save more money.

This zero waste food trend is one we can get behind. Tell us your ideas on cutting down on food-related waste below.

Food Trend: What's the Big Deal With Hot Sauce?



B

y [Bonnie Griffin](#)

In recent [food trends](#), people are adding something a little extra spice to their meals. According to *The Wall Street Journal*, "Spicy sauces are on fire." One of the number one recognized hot sauces, Tabasco sauce, has been around for 150 years. You can add a pop of flavor to any meal with these [food tips](#).

This food trend will spice up your favorite meals!

Hot sauce sales have spiked over the past five years as more people learn to love the way the added spice makes their food taste. There are a number of meals that can be enhanced with some added spice from salad to chicken, and almost anything in between. Cupid has some food tips for some meals that can benefit from a little bit of hot sauce:

1. Salad dressing: Is your salad beginning to grow stale with the same old salad dressings time and again? Want to add some extra flavor to that same old salad. Put a dash of hot sauce in your favorite dressing, and it will add that extra kick of seasoning you've been looking for.

Related Link: [Love & Libations: Celebrity Pink Sips For The Summer](#)

2. Chicken: You don't have to eat boring chicken breasts any longer. You can upgrade the flavor of your favorite white meat with a spicy marinade. Marinade your chicken in hot sauce, lime juice, garlic, and olive for a healthy way to add some kick to your chicken your tastebuds will love.

Related Link: [Food Trend: Top 5 Reasons You Should Eat Imperfect Food](#)

3. Soup: You can add a splash to your favorite canned soup, or whip up something tasty like buffalo chicken soup. Take your basic canned chicken noodle soup and add some hot sauce to make a flavorful soup with a bit of spice.

Related Link: [Food Trend: Dessert Hummus](#)

4. Kickin' eggs: If you think your eggs cannot get any better than choosing between scrambled or over easy, you're missing a tasty fix. Add a drop or two of hot sauce to your favorite egg

dish and let yourself be wowed by the hot new flavor.

5. Spice up your hamburgers: Like ketchup on your burgers? Try adding a few drops of hot sauce to the ketchup bottle. The mix of tangy tomato and spicy hot sauce will give your hamburger a whole new flavor that will have you going back for seconds.

What foods do you enjoy adding hot sauce in? Share some of your favorites below.

Food Trend: Traditional Sunday Meals





B

y [Lauren Burczyk](#)

We're keeping the traditions alive with this new [food trend](#). Do you miss sitting around the table on a Sunday, while mom makes a traditional meal for your family? Well, you're in luck with these new [food tips](#)! Sunday meal food ideas are a great way to please the whole family and get them prepared for the busy week ahead. Take some of our [food advice](#) and gather around the table every Sunday for a home-cooked meal just like Mom used to make.

Here are some traditional Sunday meal food ideas:

1. Meat Loaf and Mashed Red Potatoes: This classic comfort food is sure to please meat lovers and carb cravers alike. This traditional recipe can be cooked up in the crockpot for a simple, yet satisfying Sunday dinner.

Related Link: [5 Food Trends to Watch for in 2019](#)

2. Balsamic Roast Chicken: This surprisingly simple-to-make roast chicken will have your family running back for seconds. This Sunday-special chicken is flavored with rosemary, wine, and balsamic vinegar.

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

3. Sunday Pot Roast: You can prepare a down-home dinner any day of the week, with the help of your slow cooker and this meal. Gather the family around the dinner table to enjoy this tender and savory roast.

4. Slow Roasted Chicken and Vegetables: This meal's easy to prepare and is always a family favorite. With very little prep time and few ingredients, it's the perfect addition to your Sunday gatherings.

5. Puff Pastry Chicken Potpie: If you're looking for comfort food, then look no further. This potpie is easy, filling, and super-satisfying with it's flaky crust, tasty chicken, and hearty vegetables.

Can you think of any more Sunday meal food ideas? Comment below.

5 Food Trends to Watch for in 2019





B

y [Lauren Burczyk](#)

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.

Food Trend: Pot Pies Are Back



B

y [Ivana Jarmon](#)

Pot pies are the latest [food trend](#) to make a comeback, and they're better than ever! Pot pies are known for the simple homey feeling they invoke and are usually made in the winter. They include a variety of savory ingredients such as chicken, vegetables, pork belly, and sea bass. Pot pies are everywhere, whether it's at dinner parties or restaurants. This winter we have some [food advice](#) on how to make a classic chicken pot pie. (This recipe belongs to Betty Crocker.)

Check out Betty Crocker's recipe

detailing how to make your own classic chicken pot pie!

1. Ingredients: For your crust: 2 cups gold Medal™ all-purpose flour. The 1 teaspoon of salt, 2/3 of a cup plus 2 tablespoon shortening and 4 to 6 tablespoons of cold water. For your filling: 1/3 cup of butter/margarine, 1/3 cup chopped onion, 1/3 cup of all-purpose flour, 1/2 teaspoon salt, 1/4 teaspoon pepper. Next, you will want to add 1 3/4 cups of Progresso™ Chicken broth (from 32-oz carton), 1.2 cup milk, 2 1/2 cups of shredded cooked chicken or turkey and 2 cups frozen mixed vegetables, thawed.

Related Link: [Food Trend: How To Utilize Farmers Markets Near You](#)

2. Let's cook: Heat your oven to 425°F. Next, you're going to combine flour and salt in large bowl; then you will cut in shortening with pastry blender or fork until mixture resembles coarse crumb. Then you will mix in enough cold water with a fork until the flour is moistened. Lastly, you will divide dough in half. And shape each half into a ball; flattening it slightly. Then wrap 1 ball in plastic food wrap, and refrigerate.

Related Link: [Food Trend: Incorporate Coconut Into Your Meals](#)

3. The next step: Roll out the remaining ball of dough on a light floured surface into 11-inch circle. Next, fold it into quarters. Placing dough into ungreased 9-inch pie plate; unfold dough, you will need to press firmly against bottom and the sides. Trim crust to 1/2 inch from the edge of the pan, and set it aside.

4. And the next step: In a 2-quarter saucepan, melt butter over medium heat. Add onion and cook for 2 minutes stirring it frequently, until its tender. Stir in flour, salt, and pepper

until its well blended. Steadily add in your broth and milk while stirring, cooking and stirring until it bubbles and thickens. Add your chicken and vegetables and remember to keep stirring. Next, remove from heat. Spoon into crust-lined pie plate.

5. Second to last: Go to your refrigerator and grab the dough you rolled earlier and roll it out on a lightly floured surface into 11-inch circle. Then softly fold the dough into quarters. Placing dough over the filling, then unfold it. Be sure to trim, seal and crimp or flute edges.

6. Bon Appétit: Bake for 30 to 40 minutes or until your crust is a golden brown. Then during the last 15 to 20 minutes of baking, cover the edge of crust with strips of foil to prevent excessive browning. Take it out of the oven and let it stand for 5 minutes and then eat up!

Have any more tips on how to make a perfect chicken pot pie? Share your thoughts below.

Food Trend: Benefits of Eating Local





B

y [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.

Related Link: [Food Trend: 3 Reasons Why Low Carb is an Effective Diet](#)

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.

Related Link: [Food Trend: Meal Ideas On the Go](#)

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!