


Food Trend: The Best Pre-Workout Foods



 By 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.

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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 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



 By 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.

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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 Trend: 6 Must-Have Kitchen Gadgets



 By Nicole Maher

Whether we are scrolling through social media or walking down an aisle in the grocery store, we are constantly presented with new “must-have” kitchen gadgets that claim to make our cooking experiences easier. With so many options, it can be hard to determine which of these gadgets are actually helpful. Below are a few that will actually make your cooking experience more enjoyable and have you recreating all of your favorite [food trends](#) in no time.

Check out these six must-have kitchen gadgets that will help you create all of the newest food trends.

1. Air fryer: One small kitchen appliance that has seen an increase in popularity recently is the air fryer. Whether you are just learning how to cook, trying to save time, or looking for new ways to prepare food, air fryers seem to be the new go-to kitchen gadget. These small appliances are great for cooking smaller pieces of food, such as chopped vegetables or thin pieces of chicken, quickly without needing to turn on the oven. They also often come with a removable pan that makes cleaning up quick and easy.

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2. Portable blender: Lightweight portable blenders are the new way to go for making smoothies on the run. While many people may have a [full-sized blender](#) in their kitchens, these portable blenders are the perfect size to throw in your gym bag or purse. Toss your smoothie supplies right into the blender before you leave the house and mix them during your lunch break or after a workout for a fresh smoothie. These portable blenders also come with USB chargers, so they can be charged right from your computer during the day.

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3. Soda maker: Small kitchen appliances such as soda or drink makers are perfect for adding variety to your drink selection without buying large cases of different drinks. These soda makers are often great solutions for people living in apartments who may not have the kitchen space for multiple bottles or cans of soda. These machines work by adding a flavored mix into water and carbonating the drink, making it into your favorite kind of soda!

4. Magnetic spices: Magnetic spices are also a great solution for someone living in an apartment who may not have a lot of cabinet space. These small spice containers come with a magnetic lid that allows them to stick onto your fridge or the side of your stove. Magnetic spices are also a good option if there are certain spices that you don't use as regularly, as the containers are usually small so you won't have an excessive amount of one spice.


5. Reusable K-cups: If you are trying to incorporate more reusable items into your daily routine, or simply have too many coffee flavors to try, reusable K-cups are a kitchen must-have. These cups allow you to make any type of brew in a coffee machine that requires a pod, and can be easily washed and reused later. They are the perfect addition to your kitchen to help you recreate all of the newest coffee trends!

6. Electric egg cooker: Another small kitchen appliance that is perfect for saving time is an electric egg cooker. These products cook six to ten hard-boiled eggs quickly and use much less water than is needed to boil eggs in a pot. Whether you are looking to cook a few eggs for breakfast or have some to add into a salad later on, electric egg cookers are a great way to whip out a set of hard-boiled eggs easily and without creating a mess in the kitchen.

What are some other kitchen gadgets that will make your cooking experience more enjoyable? Start a conversation in the comments below!

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



 By 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: Jack Fruit & Other Ocean Inspired Flavors



By [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 yummiier 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.

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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!

Food Trend: Zero Waste Eating



 By [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.

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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.

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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?



 By [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.

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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.

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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.

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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: Managing Meal Complexity From Kitchen to Kit



By [Katie Sotack](#)

Knowing where to start with meal prepping is daunting. How much do you need? What are the right amounts of carbs or fats? Can you *really* eat that? Our system is so intricate that even the most hardcore students of the body—nutritionists, dietitians, and personal trainers—couldn't tell you what will be right for your personal diet. Finding the time to plan and cook meals every night is hard when you're busy. And, who wants to waste money on eating out for each meal? In comes meal kits: a friendly answer for the young and old alike. The meal kits [food trend](#) makes the complexity of food simple with pre-measured ingredients and portions.

When the cooking and preparation feels like an unnecessary hassle, check out this meal kit food trend as an alternative to classic meal prep in your home.

Bottom line: meal prep is an individual choice when it comes to following [food advice](#) and [diet tips](#). If cooking relaxes you then it might be the way to go. But, if you find yourself overwhelmed with all the possibilities and ever-changing health dialogue, that's a great reason to consider meal kits.

1. Built-in portion control: Purchasing meal kits will ensure that you're eating the right amount of food. It can be painful to break out the measuring cup for every aspect of your meal and this way you won't have to.

2. Nutrition to a T: Check to make sure your meal kits are sought over by a nutritionist or dietitian and it'll make nutrition simple. Instead of doing the guesswork after a long day at the office, leave it to the professionals to find balance in your meal.

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3. There's a chance you could lose weight: This isn't always the case. If you're used to eating junk food in high portions, switching to a measured and nutritious system could help you shed some pounds.

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4. Exotic flavors: Meal kits bring an exciting twist to what would've been plain pasta night. There are hundreds of different flavors from exotic origins to try. In one week you could span the food global from Italy to China.

5. It's just less work: Planning, shopping, prepping, cooking, and cleaning can be overwhelming if you aren't used to doing it. Busy Millennials with no time to aging Boomers losing dexterity could use a simple and easy solution to the necessity that is eating.

Are you going to try meal kits? Share why or why not in the comments below!

Food Trend: 5 Ways Pickles Are Better Than Bread on Sandwiches



By [Bonnie Griffin](#)

With ever-changing diet fads, [food trends](#) often come and go as quickly as the season, but every now and then one trend offers great flavor and doubles as a healthy food option. That is precisely what pickle sandwiches offer at Elsie's Sandwich Shop in New Jersey, according to *Elitedaily.com*. This sandwich shop has replaced the bread on their sandwiches with large halved pickles, and the response has been amazing. From people watching their weight to those with bread allergies, people are raving about these pickle sandwiches.

Food Trend: How to make your sandwich stand out with a delicious bread substitute!

Whether you are trying to eat healthy, avoid carbs, or simply cannot eat bread because of allergies, replacing bread with pickles on a sandwich can be a delicious alternative. Not only are pickles fat-free, but they are an inexpensive way to cut those carbs if you're following the keto diet, or simply trying to eat better.

1. Carb-free: With so many people choosing the keto diet as their preferred weight loss method, it is always great to find a new carb-friendly food option that will not only help you achieve your goals, but also tastes good. Replacing the bread

on your sandwiches with pickles will eliminate all those unhealthy carbs and offer a guilt-free meal to those living the keto lifestyle.

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2. Food allergies: For those who have bread allergies it can be frustrating when you find yourself unable to eat something as simple as a sandwich. Using pickles in the place of bread offers an affordable alternative. Add to that the issues ordering food at restaurants, and having pickles substituted for your bread can help open up more options when not eating at home.

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3. Fat-free and low calories: Maybe you're not just counting carbs, but you are still working hard to count your calories and eat within a healthy daily caloric limit. Unlike bread, pickles are fat-free and very low in calories.

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4. Extra flavor: Sure, bread can be tasty, but it has nothing on the zippy flavor of pickles. Adding a few pickles to your ordinary sandwich might give it some extra flavor, but just imagine the flavor fireworks that replacing your bread with pickles will set off on your taste buds.

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5. Antioxidants and probiotics: Not only are pickles great tasting and carb and fat-free, but they offer certain antioxidants that are beneficial to your health, and since they are not cooked, the antioxidants are not cooked away and are preserved. According to *Organicfacts.net*, pickles also contain probiotic bacteria that "actually help us in the digestion of food."

When finding healthy options that still taste good and don't

break the bank can seem like too much work, pickle sandwiches are here to save the day and taste good while doing it! What are some other ways to ditch the bread while still enjoying a sandwich?

Food Trend: Probiotic Products



By [Mara Miller](#)

Taking probiotics is a growing [food trend](#) you don't want to ignore. In this [food advice](#), we'll talk about products you can use to introduce probiotics to your body. Gut health can affect everything from your sleep to what kind of foods you can tolerate. It isn't fun to think about the bacteria that live inside of our bodies, but it's important to take care of the good bacteria living in our guts so we can continue to be healthy.

Food Trend: Probiotic Products

1. Olives: Wait, what? Olives are considered a probiotic? Look for naturally cured olives. It's better if you can get olives of a Spanish variety. Not only are they a tasty snack, but eating about five is a great way to get your daily dose of probiotics—just be careful not to eat too many. Olives are packed with salt.

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Food

2. Apple cider vinegar: The benefits of using apple cider vinegar are endless. It can be used for a lot of things, from skin care to cleaning. For some people, apple cider vinegar even helps heartburn. Drizzling a little on top of your salad doesn't hurt either since it's packed with probiotics and amino acids.

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3. Tempeh: Less known than tofu, tempeh is a soybean meat alternative for vegans and vegetarians who want to get more probiotics into their diet. It is made with fermented soybeans. It holds its shape better than tofu so it can be used in dishes like stir fry and grilled skewers.

4. Probiotic Shots: This might not sound particularly appetizing, but probiotic shots are packed with the good bacteria you need for your gut. They can either be mixed in a morning smoothie or swallowed down like a shot of whiskey...only they're a *lot* healthier for your body.

5. Supplements: Supplements are the next obvious choice in a probiotic product you can use to introduce good bacteria into your body if gut shots or probiotic foods seem unappetizing. Taking a supplement is a simpler solution, giving you the probiotics you're missing in your diet.

Probiotic products are everywhere because of this food trend. Have you learned of any that are beneficial to gut health? Let us know in the comments below!

5 Food Trends to Watch for in 2019



By [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 Trends: Floral Flavors Are The Next Big Thing



 By Lauren Burczyk

While we anxiously await springtime and some of those April showers that bring blooming flowers, we are in luck with one of the latest food trends. Floral flavors are trending to be the newest sensation for food lovers everywhere. This latest [food trend](#), inspired by edible flowers, create a sophisticated

taste that is delicate and unique. Here's some [food advice](#) for you, this trend will be perfect for your spring garden parties!

If you want to start preparing for your spring garden affair, then we have some great floral food trends for you. Check them out!

1. Earl Grey Rose Nectar: This delicious pick-me-up drink contains earl grey tea, sweet rose essence, and is naturally sweetened with dates and lucuma powder. It's the perfect thing to serve at your next book club or brunch gathering!

Related Link: [Food Trend: Pot Pies Are Back](#)

2. Raspberry Rose Cheesecake: This decadent dessert has a creamy filling made from cashews with layers of raspberry tart and rose water. Add some flair to a typical cheesecake to spice things up a little! Serve at your next party.

Related Link: [Food Trends: Acai Bowls](#)

3. Lavender Coconut Ice Cream: This floral-inspired ice cream is sure to satisfy any sweet tooth! It can be made with either coconut milk beverage or canned coconut milk. For a creamier version, opt for the full-fat canned coconut milk. You'll need an ice cream maker for this endeavor!

Have any other floral food ideas that would be perfect for a garden party? Let us know! Comment 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.

Related Link: [Food Trend: Benefits of Eating Local](#)

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.

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

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.

Related Link: [Food Trend: Benefits of Eating Local](#)

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.

Related Link: [Food Trend: Fermented Products](#)

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.

Related Link: [Food Trend: Benefits of Eating Local](#)

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.

Related Link: [Food Trend: Poke Bowls & How To Make Them](#)

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.

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!