Food and Dining Trends for 2017

Here is a list of predicted trends from the Washington Post, the Restaurant Association, Forbes Magazine and Food Business News. Some of these trends may be new to you, others you may already be aware of.

- Sorghum is the new grain to eat in addition to quinoa and it’s homegrown. It is a great source of fiber, protein and is gluten-free. Find in ready-to-eat breakfast cereals, baked chips, and popped.

- Sprouted grains and seeds are used in a variety of packaged foods like bread. Sprouting increases its nutritional value.

- Protein powders from peas, chia and hemp are vegetarian alternatives. Pea protein has been added to some almond milks.

- Bean and lentil pastas are higher in protein and fiber than wheat-based varieties and gluten-free.

- No more no-fat or low-fat? We need healthy fats such as omega-3s and monounsaturated fats. And now the saturated fats found in dairy products are not as bad as once thought of. Still need to watch calories!

- Think local, eat local with artisan, craft foods made with locally grown ingredients and eco-friendly.

- The big sugar claim is now “low sugar.” High-sugar products are seen to be “irresponsible.”

- The “clean label” is defined as no additives or preservatives, natural, organic or GMO-free.

- Grocery shopping at stores like Aldis or online at Amazon GO are taking away customers from traditional supermarkets. Look for more “members only” stores, zero-waste markets and delivery-only restaurants and grocers.

- Edible cannabis (pot or marijuana) where it’s legal! How about cannabis-cured lox, shrimp stew, deviled eggs, brittle bars, chocolate and gummies, canna-oils and brownies to go?

- All-day breakfast is now available at many fast food chains.

- Kale used to be the “new” veggie to eat. Now it is seaweeds, beet greens, chard, turnip greens, mustard greens, and carrot tops.

- Eating from bowls, “chop-chop” salads, so everything is cut and mixed for you.

- Sustainable seafood matters - where it is from, raised or caught, and how it affects the eco-system.

- Ethnic-inspired breakfast items like chorizo scrambled eggs or breakfast burritos.
- Heirloom fruits and vegetables from old plant varieties of tomatoes, beans, apples, and more.
- Dark chocolate (at least 70% cacao and not Dutch or alkali process) for breakfast and other times as it can help with thinking and memory.
- Turmeric spice is a healing ingredient in Buddhist traditional medicine and its use as a seasoning is expanding worldwide.
- It’s a food waste frenzy as consumers and companies are creatively reducing food waste by repurposing typically tossed-out stems, skins and rinds into other useable products. This also includes composting, gleaning, selling “ugly” fruits and veggies, and food rescues—sending products to shelters and soup kitchens.
- Sardines, plump ones packed in new interesting flavors and smoked varieties.
- Got your goat? Potentially the next hot “meat” protein to hit plates as 63% of the world already consumes goat and goat’s milk products.

Food Trends Word Puzzle

FIND THESE WORDS:

ARTISAN
CACAO
CHOPCHOP
ETHNIC
GOAT
HEIRLOOM
SARDINES
SEAWEED
SORGHUM
SPROUTS
SUSTAINABLE
TUMERIC

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