

10 DIET TREND PREDICTIONS FOR 2016



Make one of your New Year's resolutions to erase the phrase "I'm on a diet" from your repertoire. Those in the know offered their predictions for the future of food and nowhere is the word 'deprivation;' instead, it's all about feeling full, balancing internally and building strength through nutrition. Here, 10 trends to jump on after tomorrow's champagne party.

1) Sugar is the new fat. The recommended daily intake of **sugar** for women is six teaspoons, but most of us are eating an average of 19.5 teaspoons a day—and 2016 is the year to get serious about breaking our addiction. "Unlike the overwhelming wave of fat-free diets that didn't have much validity, following a low-sugar diet or just decreasing your sugar intake overall can result in various health benefits including weight loss, reduced food cravings, regulation of glucose level, reduction of systemic inflammation and overall decrease in risk for various chronic diseases," says Amanda Foti, Senior RD of **Selvera Wellness**.

2) Herbs 2.0. Regular old herbs that you add in to your dishes without thinking for a little flavor? Done that. Now, it's all about herbs that go above and beyond and add an extra medicinal component to your meal. According to Whitney Tingle of **Sakara Life**, "You can sneak superherbs [a.k.a. functional herbs or adaptogenic herbs] like ashwaganda into everything from oatmeal to salad dressings. They help with everything from fatigue to metabolism to tapping into creativity."

3) Meet your matcha. **Matcha**, a powdered green tea rich in antioxidants called catechin polyphenols, is fast becoming the healthy morning pick-me-up alternative to sugary juices, coffee and other teas. Already at Starbucks and Teavana, we predict we'll soon be seeing many more variations of it at trendy

juice bars and restaurants across the country (NYC has **MatchaBar**; L.A. has **Matcha Box**).

4) Take your minerals. According to **Well + Good**, it's time vitamins step aside and let minerals, particularly magnesium (80% of us are deficient in it), take some of the glory: "We'll see more people making sure they're 'remineralizing' this year, either by taking supplements, or using **topical magnesium oils and sprays**, which are said to be just as beneficial, or by **soaking in Epsom salts** or magnesium flakes in a hot bath."

5) Swap kale for kelp. Seaweed is one of the world's most **nutritious and sustainable crops** and the challenge of making the slimy ocean plant into a new, in-demand health dish is one many chefs and researchers (a team at the Ohio State University created and patented a new strain of red seaweed called **dulse** that smells and tastes like bacon) are predicted to take on.

6) Listen to your gut. "The microbiome is *huge* right now," says Danielle DuBoise of **Sakara Life**, referring to the new crop of diets that target the bacteria in our digestive tract and aim to keep it balanced. "So much science is coming out about this internal ecosystem and how it affects everything about our health, from our hormones to our digestion. We [DuBoise and co-founder Tingle] love Dr. Robynne Chutkan's book **Gutbliss**."

7) Netflix and cook. "After the tsunami of food products and ready-prepared meals that surfaced over the last couple of years, people will be focused once again on the importance of going back to the basics. Grocery delivery services like Blue Apron and Hello Fresh are making it easier for even the busiest people to have a home-cooked meal using whole, fresh ingredients. My guess is there will be more companies and more concepts to support this desire," says Foti.

8) Bone broth isn't going anywhere. "It's the new juice cleanse," says Foti, adding that it "provides minimal calories but a number of essential nutrients with anti-inflammatory and **gut-healing properties**." Here, the Hemsley Sisters share their favorite **bone broth recipes**.

9) Eat like a fitness star. The It girls of the moment aren't staying out late drinking, sleeping in and touting good genes as the secret to staying skinny; instead, they're waking up before 7 A.M. (Snapchat timestamps—the new way of showing you have your life together), whisking up a cup of **matcha** and hitting the gym hard. Then they eat—hard. **Hannah Bronfman, Anna Victoria** and **Kayla Itsines** have made "strong" sexy and we'll be following their diet and fitness plans into the new year.

10) Don't worry, be happy. 2015 saw Lean Cuisine launching a **campaign** that asked women to weigh their accomplishments instead of their bodies and Weight Watchers **revamping** their iconic program to be less about goal weight and more about fitness and inner strength, and the movement away from the numbers on the scale will continue to expand. "People are becoming more and more anti-diet and anti-

extreme and are learning that they can have a healthy relationship to food and their bodies while still getting the results they want. The joy factor for health, wellness and results will be making a comeback," says Tingle.