

# Food Trends: What you should be eating in 2018

Indigo

In 2017 we saw the rise of the freakshake and an all new way of eating with virtual immersive eating. Here's what you'll need to stay up to date in 2018.



## Gut-friendly food

Fermented and pickled foods were making more of an appearance in 2017 but we think that you're going to see even more of them in 2018. Foods such as kimchi, kefir and sauerkraut will all be in high demand over the next year.



## Root to Stem

Root to stem eating could be the start for a new way of eating for many people across the globe. Root to stem is all about reducing food waste by eating, from the root to the stem. In 2017 the US wasted \$165 billion and the UK wasted £13 billion in food waste. Not only does this reduce food waste but it will also greatly increase the amount of vegetable intake.



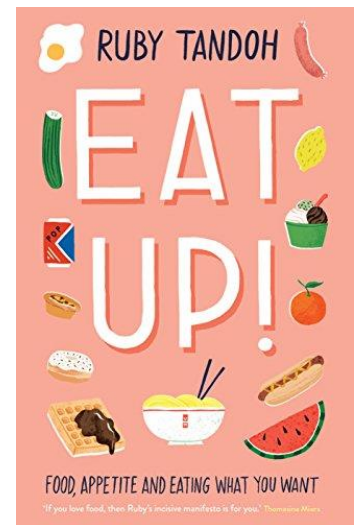
## Veganism

Although the time for Veganuary has been and gone the Vegan craze isn't going anywhere just yet. People in the food industry such as DeliciouslyElla, a blogger, entrepreneur and food writer, have been bringing about the rise of the vegan lifestyle.



## Faux Meats

For those of you who don't want to cut out the pleasure of eating a burger or Spag bol there's another option. Faux meats such as Quorn, Tofu and Tempeh – an Indonesian dish of deep fried soya beans – are a great alternative for meat lovers trying something new. Faux meats are usually made up from soy, wheat gluten, vegetables or a combination of the three.



## "Eat Up!"

By Ruby Tandoh

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Ruby Tandoh's book "Eat up!" explores the wonderful world of food, bringing a new light to the food industry. Ruby talks about the world's view of food in a way that many writers avoid.

She speaks of the gut as the second brain, its effects on emotions and self-esteem, and if you don't feed your body the right things you won't have a happy and healthy life.

Ruby also brings in the idea that we can't always eat the healthiest options and sometimes we need to have a cheat day. As said in the book, "flying in the face of every piece of



## Insect Snacks

Although the insect snack trend began in 2017 it does not look like it will be disappearing any time soon. Although eating whole insects is highly popular, if that isn't quite up your alley you can also try protein bars made from cricket flour or another of the many snacks on offer.



## Thai rolled ice cream

A sweet treat that originated in Thailand is increasing in popularity due to its unusual preparation method. People are loving watching this be created on streets all around the world. It can come in all different flavours with every topping imaginable to create your dream dessert.

mum-wisdom you've ever been given – that what you really need is one of those McDonalds milkshakes". Ruby Tandoh struggled with eating disorders in the past and therefore understands the tricky world of the "ideal body". The book is intended to make people love food again and "put pleasure back on the plate."