

The Top 14 Nutrition Trends

A recent poll of 500 Registered Dietitians, conducted by Today's Dietitian and Pollock Communications, unveiled a forecast for the top food and nutrition trends. Here's a recap of what's to come:

1. **Ancient grains are “in” again.** They're back and nutritionally superior than many modern-day, refined grains. Some to check out this year include quinoa, wheat berries, and millet.
2. **The kale, coconut oil and chia craze continues.** Kale and chia seeds are unarguably two of the hottest superfoods as of late and coconut oil—rich in plant-based saturated fat—will remain wildly popular among dietary fat fanatics.
3. **Belief in the “wheat belly”.** Regardless of the conflicting evidence to support wheat-free and gluten-free diets for weight loss, Paleo and gluten-free diets will remain the most popular among those looking to control their weight.
4. **Health is a hot topic.** When it comes to the grocery store, almost every dietitian surveyed said “health” is important to shoppers. Coincidence that the Supermarket Dietitian is the fastest growing job in grocery stores these days?
5. **We're using [MyPlate](#) to fill *your* plate.** Thank goodness the Food Pyramid finally crumbled because quite honestly it was confusing even for dietitians. This year it's all about using the USDA's [MyPlate](#) to help teach you how to fill *your* plate with more nutritious foods.
6. **People are celebrity doctor, trainer and chef-obsessed.** Television doctors, trainers and chefs will continue to stir up food and dieting dialogue.
7. **You do as you see on TV.** Consumers are comparing their habits to recommendations from TV personalities and health-centered television shows. Friends and family are also popular references of comparison.
8. **Health bloggers are hot.** Consumers are more frequently turning to healthy lifestyle bloggers for a daily dose of workout inspiration, nutrition knowledge and delicious, healthy recipes.
9. **Local & sustainable foods are favorable.** These were the two most trendy terms among consumers shopping for groceries.
10. **Personal opinion often overrides research.** An overwhelming amount of your nutrition knowledge is based on personal opinion and falsities rather than scientific research—and there's likely only going to be an increase of misinformation.
11. **Being more comfortable the weigh you are.** The number of consumers who are comfortable with being an unhealthy weight seems to be on the rise this year.
12. **Consumer interest lies in nutrition & weight loss.** Though it may seem contradictory to #10, you're highly interested in nutrition and diet information.
13. **The low-fat trend is finally fading.** Consumers are adding more fat back to their diets since recent studies have shown that “low fat” doesn't necessarily lead to less body fat. Thank goodness because I love my olive oil, avocados and a strip or two of bacon every so often.

14. Fruits and veggies first. Eating more servings of fruits and veggies was ranked the most important diet tweak to improve overall health this year.

If you have any particular questions or would like to discuss your personal fitness goals, please schedule a free consultation.

Please review our business at: [Yelp](#) [City Search](#) [Google +](#) [Angie's List](#)

Trainerly allows you to workout and exercise at your home, office, hotel room or pretty much anywhere in the world through live 2-way webcam. [Sign-up](#) for a class with me today. Use the promotional code "trainerly20" to save 20% off any service.



Your suggestions are appreciated to make our business better. Please take the survey by [clicking here](#) and provide your input.

Want to know your metabolic power? [Click Here](#) to find out if your metabolism is working for you or against you.

Do you know someone who might be interested in or products or services? [Click Here](#) to fill out our referral form and, as our way of saying thank you, you will receive \$15 off and of our products or services. We appreciate your support.

[Click Here](#) to sign-up for our e-mail list so can receive all of our articles & download your free copy of our Dietary Information e-book.

[Like us on Facebook/Connect with us on LinkedIn/Follow us on Twitter](#)
[Follow us on Google+/Pinterest](#)

(Hold down the Ctrl key & click the underlined words or logos)

Make sure to forward to friends and followers.

Connect with me at [Wizpert](#)