Food trends 2018-2019

1. Gut friendly food- fermented and pickled veggies
2. shelf stable probiotics
3. kefir
4. Hawaiian food- poke bowls
5. specialized teas
6. hyper local food
7. plant based protein
8. Meal kits
9. South American cuisines – Mexican - Peruvian- Brazilian
10. craft butters
11. west African cuisine
12. donuts with unique fillings
13. rolled ice cream
14. naked layered cakes
15. heritage breed meats
16. protein packed grains and seeds
17. vegetable entrees
18. less waste cooking
19. keto diet
20. sea snacks
21. reusable metal straws
22. ecofriendly packaging
23. ugly fruits and vegetables

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<https://www.thisisinsider.com/most-popular-food-trends-2017-12#fermented-and-pickled-veggies-10>

<https://www.foodnetwork.com/recipes/packages/global-flavors/shopping-and-tips/indian-pantry-101-aartis-spice-essentials>

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