

Nutrition & Food Consumption Trends of 2025

In 2024, EatingWell accurately predicted food trends. Here are the predictions for health and nutrition food trends in 2025, according to EatingWell.

In 2024, EatingWell accurately predicted that trends like hydration, Caesar salads, and gut health would be top of mind for many. And in 2025, the leading food site continues to predict more nutrition trends will become mainstream—think high-fiber staples, low-sugar alternatives, and relaxing non-alcoholic drinks.



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Anti-inflammatory diet

New research suggests that a diet focused on anti-inflammatory foods like fruits, vegetables, beans, nuts, omega-3-rich fish, and tea may help reduce your risk of cognitive decline, especially if you have a pre-existing medical condition that puts you at higher risk, such as diabetes.

Welcome 2025 by trying some anti-inflammatory recipes like Sweet Potato Salad, Cherry, Beet and Kale Smoothie.

Tea

This trend shows you how the humble cup of tea can do more than keep you warm in the winter. Tea can also help support your immune system, reduce your risk of cancer, and keep you hydrated, among other health benefits.

Whole Foods also predicts tea will be all the rage by 2025, according to its market forecast report. Whether you prefer green tea, ginger tea, or a cup of chai, there are plenty of reasons to sip on this healthy beverage.

Tropical Fruit

Readers' curiosity about tropical fruits is set to grow 15% through 2024. From mangoes earning a spot in Fresh Thyme Market's grocery trends report to passion fruit's growing popularity on nearly every cocktail menu nationwide, these antioxidant-rich, fiber-packed fruits have become all the rage. Cue some healthy fruit smoothie recipes like Mango-Turmeric Smoothie, Hot Honey Chicken Kebab & Pineapple.

Dates as a sugar substitute

Dates are finally getting the love they deserve, and for good reason. From stuffed dates to Fig Newton-inspired Energy Balls, this sweet fruit offers a caramel-like flavor that makes it a healthier alternative to refined sugar.

According to the American Heart Association, men and women should not regularly consume more than 36 grams of added sugar per day and 25 grams per day, so incorporating tasty alternatives that help you feel your best into your daily routine is a health-conscious approach. It's no secret that low-sugar foods are increasingly appealing. Date syrup could be your new favorite pantry staple.

Protein rich ingredients

When you think of protein-rich foods, things like red meat, chicken, and protein shakes probably come to mind. While those foods can be good sources of protein, EatingWell predicts that other protein-rich foods (especially plant-based foods) will gain prominence in the coming months. Greek yogurt, nuts, beans, and cottage cheese are at the top of people's shopping lists, and they show no signs of slowing down.

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