

# Food trends for 2016

This year we couldn't get enough of our spiralisers, chia seeds and kale chips. But what are the hot new food trends?

**W**e're naturally wired to be adventurous with food," says nutritionist Rhaya Jordan. "We like to try lots of different things and we get bored easily. And this partly explains why food trends change every year. If we were pandas we'd be eating bamboo shoots all year round – but we want variety."

So, what food trends can we look out for in the new year? "We're all a bit over Spiralisers, but the demand for Nutribullets will continue to grow," says Rhaya. "Alternatives to sugary milk chocolate are still going strong and there'll be more gluten-free options."

The Waitrose Food Report (Waitrose.com) shows Persian

cooking is set to go mainstream in 2016, with spicy stews, succulent lamb and pomegranate glazes. We'll also be seeing more fusion food, where you take traditional dishes and alter them, such as goats' cheese ice cream.

The report also shows that eight out of 10 of us don't like being preached to or made to feel guilty about our food choices. We want the option to eat more healthily, but we want to enjoy food.

Trend spotters The Food People (Thefoodpeople.co.uk) also report we want to see more clear, transparent, jargon-free labelling and ethical food in 2016. The demand for vegan and raw food diets is also on the increase as more of us continue to turn away from processed foods and meat.

