

Your quick-guide to the top ten nutrition and food trends for 2022!



- 1** Living a long, *healthy* life is a top priority
- 2** Plant-based food and functional ingredients continue to win
- 3** Immune support is now part of our daily routines
- 4** The search is on for healthy snacks and sensible indulgence
- 5** Herbs + Spices = Flavor + Function
- 6** Technology, meet nutrition
- 7** Upcycled and sustainable products will be superstars
- 8** We're ready for exciting experiences and adventure
- 9** Our pet's health matters too
- 10** Brands that care will connect with consumers

To learn more about these trends and what they mean for your next product, read our full blog post!

<https://www.vandrunenfarms.com/blog/2022-top-10-trends-hint-plant-based-foods-winners>

¹Mintel. "Enjoyment Everywhere – Mintel 2022 Consumer Trend."

²New Hope. "Natural Grocers predicts top 10 nutrition trends for 2022."

³Innova Market Insights. "'Shared Planet' leads Innova Market Insights' Top Ten Trends for 2022."

⁴Natural Restaurant Association's. "What's Hot in 2022 Culinary Forecast."

⁵Vitafoods Insights. "Health ingredients to watch in 2022."