



NEW-TRITION

It's not all kale and coconut water, people.
These 10 healthy trends—and four recipes—will inspire you to mix it up!

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What's hot in the world of health food? We spent last year taste-testing the latest products, attending nutrition trade shows and meeting with the biggest brands in the industry. Our bet is that you'll see these trends growing even more popular in 2017—runners, get ready to fuel your engines!



#1 The New Organic

The “real food” movement feels obvious, but it’s important. Along with “organic,” registered dietitian Lisa Mikus in New York says, “Antibiotic-free, hormone-free and local foods continue to dominate the market.” Labels with references to GMOs (genetically modified organisms), biodynamic farming (a sustainable method) or even “natural” are more apt to indicate real, “clean” ingredients. Overall the focus is on whole foods and less engineering. To this end, more sustainable crops have star power: We’re looking at you, seaweed. We even see sport-nutrition legacy brands responding: Gatorade G Organic sports drink came out this fall, and PowerBar changed to whey protein with no artificial colors, flavors and sweeteners.

#2 Plant Proteins

With the growth of vegetarianism (both full and part-time), the market demands more options for plant-based proteins. Protein from coconuts and other nuts and seeds is finding its way into more products—but the real focus recently is on beans. There’s hummus now in any flavor conceivable (we’ve even seen chocolate). Plus, beans are showing up as surprise ingredients. Beanitos makes chips and snacks in different flavors to rival those of Frito-Lay (which also makes a chip with black beans as the first ingredient). Explore Cuisine creates pastas from black beans, edamame, adzuki beans, chickpeas, lentils and more.



#3 Super Seeds

“Their health benefits are endless,” says Mikus, thanks to the levels of fiber, vitamin E and healthy fats. “Chia seeds and flaxseed are so 2015. This year, look out for pumpkin seeds, sunflower seeds, walnuts, almonds and Brazil nuts.” More snacks are popping up with seeds (and nuts) either as an ingredient or the main event, as with the brand SuperSeedz, which makes different flavored pumpkin seeds. Imlak’esh Organics Sacha Inchi seeds are toasted and salted like nuts, but these likely new-to-you superfood seeds from the rainforests of Southeast Asia and South America are an excellent source of omega-3s as well as complete protein (8.5g per ounce).

#4 Healthy Fats

You’ve likely heard about the healthy fats in avocados and nuts, which continue to be plentiful on menus and in markets. But there’s a focus on new sources, like acai, which is showing up in smoothies and eponymously named fruit bowls. These berries are a natural source of omega-3s; the company Sambazon offers a range of products, including a vegan sorbet that tastes thick and rich because of naturally occurring fats. Full-fat dairy is also on the rise, and Organic Valley is one of the leaders. Try the Grassmilk Yogurt to really experience the difference—simply stir in the cream on top.



#5 Gluten-Free

People are eating less gluten—a choice motivated by a number of reasons: an illness like celiac disease, a paleo diet, an effort to stabilize blood sugar, etc. In turn, nutrition brands, chefs and food bloggers are coming up with creative substitutes. Enter zoodles, cauliflower rice and sweet potato toast. Supermarkets now often have a gluten-free section, and the quality options are improving (see the bean trends in #2). The paleo influence has created a subset of items that are both GF and low-carb. Mikey’s Original English Muffins are gluten- and grain-free with 4g of carbohydrates (compared to 24g in an original from Thomas’).

BONE BROTH: A MINERAL-RICH ELIXIR FOR DRINKING OR COOKING

A hot cup of bone broth will warm you up, rehydrate and deliver needed protein after a winter run. You can also use it as stock for making soup, rice, stuffing and other dishes. If you want to make a beef broth, blanch the bones first.

Makes about 1 quart

- 1 chicken carcass (can use rotisserie chicken)
- ½ pound chicken feet (about 10)
- 2 onions, quartered
- 4 stalks celery, roughly chopped
- 1 head garlic, cut in half crosswise
- ¼ cup apple cider vinegar
- 3 bay leaves
- 6 sprigs fresh thyme
- 12 peppercorns
- 1 bunch (about 2 cups) fresh parsley

Preheat oven to 450 degrees. Put chicken carcass and feet on sheet pan lined with tinfoil, and roast 25 minutes. Add onion, celery and garlic to pan and roast until brown, another 25 minutes. Transfer to a soup pot with apple cider vinegar, bay leaves, thyme and peppercorns, and cover with cold water. Bring to a boil, and then lower heat to a simmer for up to 8 hours. Add parsley for the last 30 minutes. Strain into a bowl, and add 2 cups ice cubes to cool fast. Put bowl in a larger bowl of ice, and wait until cool before putting in refrigerator overnight. Scrape fat off the top and discard. Reheat, keep chilled or freeze for future use.





TOAST & TOPPER: A MEAL SERVED ATOP TOASTED BREAD OR A CREATIVE SUBSTITUTE

The number-one new idea for your toaster is a big slice of sweet potato. But if you can top a slab of that veggie with tasty toppings, why not a flattened red pepper, a whole portobello, a slice of eggplant or a cauliflower steak?

IDEA #1: Cauliflower with arugula and a poached egg

IDEA #2: Sweet potato with goat cheese and herbs

Prepare your “toast” with a toaster or oven. We baked ours in a 450-degree oven and the cauliflower took about 10 minutes and the sweet potato about 20. For the cauliflower, we topped with a small bed of arugula and a poached egg (directions below). For the sweet potato, we added goat cheese and sprinkled with chervil. Just about any toast will be better with a drizzle of olive oil, salt and pepper—and serve with a fork and knife.

POACHED EGG

Fill a medium saucepan with six inches of water and bring to a low boil. Add ¼ cup white vinegar and reduce heat just enough to stop boiling. Carefully crack egg into a small ramekin without breaking the yolk. Swirl the water with the handle of a wooden spoon to form a vortex. Carefully pour the egg into the vortex and cook until the whites are formed, about 5 minutes. Remove the poached egg with a slotted spoon and place on a paper towel-lined plate to remove excess water. You can make these ahead of time and reheat in simmering water.



#6 Energy Up

These days, the options for getting a boost aren't limited to coffee or tea. Macacchino is a natural, caffeine-free beverage made from the maca root, a superfood known for its sustainable energy. Goji berries are another energy superfood you're apt to see in trail mixes or breakfast bowls. "Many runners now are choosing honey versus gel packs for easily absorbable sugar during a workout," says Mikus. Honey is also causing a buzz with infused flavors, including spicy ones that can perk up the brain. That doesn't mean people don't want caffeine. Matcha is a green tea powder in more recipes, and a product like Matcha Love Culinary Matcha is designed for cooking and baking—or how about a pre-run smoothie?



#7 Recovery Now

Whether to fight inflammation or reduce soreness, a variety of products are being targeted to both athletes and the general public—everyone should feel better. A product such as Gaia Herbs TurmericBoost can be used in a smoothie or to spice up a dish. Turmeric is particularly in right now for decreasing inflammation. Bone broth has become the new savory beverage marketed to runners, because of its hydration and support for healthy joints. The fact that it can be homemade or store bought offers a lot of versatility. Tart cherries and beets are also showing up everywhere. Some say beets are the new kale (assuming you jumped on that leafy green wagon), and even beet eschewers may like the crispy Rhythm Superfoods Beet Chips.



#8 Gut Health

Probiotics is a word that most people have heard in terms of helping keep you regular, but they aren't just in pills and yogurt anymore. Healthy bacteria is being added to all kinds of foods, such as chocolate bars from Attune Foods and granola from Purely Elizabeth. It also occurs naturally in fermented products like kombucha, certain pickled veggies and fruits, kimchi and sauerkraut. Depending on the recipe, you can be ingesting prebiotics as well. "Prebiotics support growth of 'good bacteria,'" Mikus explains. "Probiotics are 'good bacteria' that may help with alleviating diarrhea, constipation, colds and infections, and inflammation." Whether you DIY with a fermentation kit or buy ready-made products, you'll be helping your gut and your immune system.



#9 Stop Sugar

The anti-sugar movement is gaining momentum. Sugars are carbohydrates, which runners require for energy, but vegetables, fruits and other whole foods can give runners what they need with other benefits like vitamins. There's more variety in bars, such as Pressed by Kind, which are sweetened with real fruit. We're also seeing products like stevia-based drinks, such as the soda Zevia, enter the market with natural ingredients and low-to-no calories from sugar.

#10 Snack Attack

You may have noticed it's not all candy bars and greasy potato chips at the checkout anymore. The availability of healthy snack-size options is growing, with brands such as Viki's Granola offering a portion that's race-day friendly. This trend is cropping up everywhere, even in dollar stores with drinks and chips from Coconut Beach, which has a mission to serve up healthy products at discount prices. Jerky is king and The New Primal is sourcing grass-fed beef and free-range turkey and getting creative with flavors (habanero pineapple beef, anyone?) while adding no sodium, sugar or nitrates. We're also excited about Justin's single-serving packets with banana chips and peanut butter.



BIG BOWL: A HEALTHY COMBO OF ASSORTED INGREDIENTS AND TOPPINGS THAT YOU CAN MIX UP OR NOT

Whether it's a smoothie bowl or a rice bowl, this dish has become a standard on restaurant menus and Instagram feeds. This variation capitalizes on some of the latest nutrition trends. Choose one item for each category, or mix and match your favorites to fit an Asian theme. The stars of the bowl are poke and seaweed salad, which may be saucy enough for some palates, so serve the sauce on the side.

- Bean noodles (black bean, adzuki, edamame), cooked according to package instructions
- Greens (bok choy, kale, collards)
- Hearty veggies (broccoli, Brussels sprouts, sweet potatoes)
- Light veggies (mushrooms, zucchini, celery)
- Savory fruits (pomegranate seeds, tomatoes, avocado)
- Seeds or nuts (sacha inchi seeds, pumpkin seeds, cashews)
- Seaweed salad, available in most sushi sections at grocery stores
- Poke (recipe follows)
- Garnish with sliced green onions, sesame seeds and chopped herbs such as cilantro, basil and mint (optional)

Depending on the ingredients you choose, chop larger or whole vegetables and fruits into bite-size pieces, and you can blanch, stir-fry, sauté or roast anything you want cooked. In a bowl, layer ¼–½ cup of one ingredient for each category: greens, bean noodles, hearty and light veggies, fruits, seeds or nuts. Add a bed of seaweed salad with poke on top. Garnish with green onions, sesame seeds and herbs, and serve with sauce on the side.



ASIAN SAUCE

Serves up to 4

- 1 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. sesame oil
- 1 orange, juiced (about ¼ cup)
- 1 tsp. grated ginger

Mix all ingredients in a jar or small pouring vessel.

POKE

Serves up to 4

- ½ pound sashimi-grade ahi tuna
- 1 Tbsp. sesame oil
- 1½ Tbsp. soy sauce
- 1 Tbsp. finely sliced green onions
- 2 tsp. sesame seeds
- ¼ tsp. red pepper flakes (optional)
- ¼ tsp. kosher salt

With a very sharp knife, cut tuna into ½-inch cubes and place in bowl. Add sesame oil, soy sauce, onions, sesame seeds, red pepper flakes and salt. Stir, cover with plastic and refrigerate for at least 2 hours.



APPLE SURPRISE: DICED FRUIT BAKED WITH A NUTRITIOUS CRUMB TOPPING

The surprise here is that this is so good with only the natural sugars of the fruit. If you don't want to use sugar, choose a sweet apple, such as Honeycrisp.

- 4 cups chopped apples (or other fruit)
- ¼ cup coconut sugar (optional)
- 1 cup old-fashioned oats
- ½ cup dried tart cherries (or other dried fruit)
- ½ cup slivered almonds (or other nut)
- 2 Tbsp. ground chia seeds (or ground flaxseed)
- 1 Tbsp. ground cinnamon
- ¼ cup melted coconut oil

Preheat oven to 350 degrees. Mix chopped apples with sugar, if using, and place in a greased square or small baking dish. In a large bowl, stir together dry ingredients and mix with coconut oil. Spoon topping evenly over apples. Bake for 45 minutes.