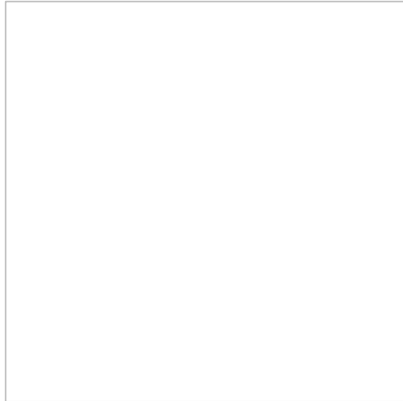


Food Trends - From Artificial to Natural

Tue, 03/19/2013 - 11:55am -- Saladmaster



Although the demand for foods that are pure, fresh and close to the source is not new, there is no sign of this trend slowing down. It looks like the age of artificial “fat-free” and “calorie-free” foods is making its way out the door, and being replaced with their more natural counterparts.

Here is the list of foods that are in and on their way out, sponsored by Taste of Home.

Foods that are “in” include:

1. Grass-fed meat
2. Sea salt
3. Stevia
4. Dark-meat chicken
5. Local/seasonal super fruits
6. Cage-free whole eggs
7. Farmstead cheese
8. Fresh produce
9. Portion control
10. Craft beer
11. Kettle potato chips
12. Dark leafy greens
13. Real butter and healthy fats

Foods on their way out:

1. Processed soy protein
2. Low sodium
3. Fat-free
4. Artificial sweeteners
5. White-meat chicken
6. From-a-far super fruits
7. Egg whites
8. Processed cheese
9. Excessive supplements
10. Ultra-light beer
11. Baked potato chips

12. Wheat-grass shots
13. Margarine

Many of us are willing to pay a premium for higher quality food. However, many people are unaware they are boiling away the goodness and sacrificing on the purity of their food by the way their meals are being prepared. One **dinner party** at a time, Saladmaster is opening people's eyes to how they can get the most out of the food they bring home to their families. To find an Authorized Saladmaster Dealer near you, please click [here](#), and for further information regarding Saladmaster 316Ti Cookware, please visit www.saladmaster.com.

Browse the *[Recipe](#)* section of this website for healthy meal ideas and be sure to let us know what you think by posting a comment and sharing your favorite recipes on Facebook, Twitter and Pinterest!

About Taste of Home:

Taste of Home is the leading multi-platform producer of information on food, cooking and entertaining, serving home cooks engaging media that capture the joy and comfort received from food made with love. Taste of Home magazine has a circulation of 3.2 million and publishes Simple & Delicious magazine six times a year; top-selling bookazines; newsstand specials; and popular cookbooks. Tasteofhome.com is a top destination for engaging audiences with kitchen-tested recipes, how-to techniques, cooking videos and lively community forums. Learn more at www.tasteofhome.com. Like us on Facebook and follow us on Twitter.

Source:

www.mediapost.com/publications/article/165028/12-consumer-trends-affecting-foodbeverages.html

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