Blue Cross®
VIRTUAL WELL-BEING

Nutrition Trends

Feeling healthy and consuming nutritious foods go hand in hand. People often have a variety of responsibilities on their plates between work and family life, and turn to quick fixes they think will help them have more energy. Fad diets and nutritional trends have been around for decades, and people have been trying things in search of that one trend that will help them. Some of those diets and nutritional trends include:

- Cabbage soup diet
- Grapefruit diet
- SlimFast
- Master Cleanse
- Atkins
- Alli
- HCG diet
- Juicing cleanses
- Fat replacers
- Giving up gluten
- Artificial sweeteners
- Powders

Nutritional trends change over the years. Some current nutritional trends include:

- Fasting
- Ketogenic diet
- Plant-based diet
- Mindful eating practices
- Focus on gut health
- Convenience superfoods
- Protein-powered foods
- Sustainable foods

But nutritional trends typically come and go like fashion trends. The best thing to do is develop long-term healthy eating habits to ensure you maintain an optimal relationship with food and your health:

- Set realistic expectations for what's right for you and your family.
- Balance your meals.
- Remember portion sizes.
- Choose healthy snacks.
- Be sure to hydrate.
- Plan and prep where you're able.
- Don't be too restrictive.
- Keep it simple and make small changes.

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