

Culinary Visions Panel Releases 2019 Food And Flavor Forecast

The **Culinary Visions Panel**, a food-focused insights and trends research practice that studies a wide range of culinary topics important to consumers and food industry professionals, has unveiled its **2019 Food and Flavor Forecast**, detailing the foods and flavors most likely to captivate consumers in the coming year.

The panel received insights from culinary professionals, scoured more than a dozen trade conferences and surveyed more than 5,000 consumers to come up with its findings.

According to Culinary Visions Panel's 2019 Forecast, here are **five major food trends** that will have the greatest impact on product development in 2019:

Replenishing With Purpose: Consumers who want to get more out of their meals are looking for functional foods that don't just satisfy their hunger but also pack a nutritional punch, with **73%** of those surveyed ingesting **specific foods for specific dietary functions**, setting high expectations of the food they put on their plates.

Beyond Dietary Restrictions: Consumers are limiting foods they ingest instead of just avoiding them altogether, as people are looking to maintain healthier lifestyles in general and are not sticking to strict diets, with **66%** of consumers responding that **eating foods they feel good about it more important than watching their weight**.

Ethical Concerns: According to the survey, **today's consumers are looking to leave a light carbon footprint behind**. Efforts that result in reduced packaging, as well as ethical ingredient sourcing help alleviate consumers' concerns about ethical foods.

Healthful Without Compromise: Today's consumers want **access to healthy foods at all times and places**, the survey noted. Expectations for convenient, grab-and-go foods with better-for-you ingredients are now the norm and not the exception. Consumers' effort to put more plants on their plates is giving rise to the veg-centric food trend. Veg-centric food does not necessarily mean vegetarian. It means that consumers are gravitating toward a plant-based diet – without cutting out the meat that they love. While **88% and 87%** of the consumers surveyed said they **want their diets to include more fruits and vegetables respectively**, **82%** of the same consumers still said that they **love meat**.

Quest For World Flavors: Consumers are **expanding their appetites to encompass global flavors and international ingredients**. Embarking on a deeper exploration of Latin American, Asian and Mediterranean foods means using food ingredients and flavor profiles from Ecuador, Peru, Brazil, Korea, Philippines and Morocco, the survey noted.