

It's All About Trends:

What the Future Hold for Food, Nutrition, and Healthy Lifestyles

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SESSION DESCRIPTION:

Trends in food and health have a profound impact on the work of nutrition professionals. Today's trends present unique opportunities and challenges for those who seek to improve the food choices of Montana families. In this dynamic session, Dayle will focus on the major trends affecting our efforts to educate consumers about healthful eating patterns. She'll show you easy ways to stay on top of what's hot – and what's not. You'll learn how you can use food, nutrition, and health trends to enhance the effectiveness of your communication, education, and counseling strategies – wherever you work.

Nutrition for the Future ONLINE:

Dayle's BLOG <http://eatwellatschool.blogspot.com/>

Dayle's URL www.nutritionforthefuture.org (including PDFs of slides)

DAYLE'S RESOURCES ONLINE:

Eat Right Montana's Healthy Families (monthly packets)

www.eatrightmontana.org/eatrighthealthyfamilies.htm

To sign up for free monthly packets, send request to:

maryann.harris@montana.edu

Billings Gazette (regular semi-weekly columns)

www.billingsclinic.com/body.cfm?id=113

Enriching Family Mealtimes (complete kit)

www.school-wellness.org/indeEnrichingFamilyMealtimesDownloads.aspx

TREND RESOURCES ONLINE:

Food Technology Magazine

<http://members.ift.org/IFT/Pubs/FoodTechnology/Articles/>

Hartman Group

www.hartman-group.com/publications/newsletters/sign-up

McCormick's Yearly Flavor Forecast

www.flavorforecast.com/

TOP TEN Food Trends

1. Keeping it REAL: Back-to-Basics

2. EXPERIMENTATION

3. More IN the Store

4. American ETHNIC

5. Food VETTING

6. SUSTAINABILITY

7. The NEW Pacesetters

8. I Want My UMAMI

9. Beverages with BENEFITS

10. I, ME, MINE ... It's ALL About ME