

Current Food Trend



Mariam de los Ángeles Martínez Villagrán

Mauren Fernanda Méndez Pacheco

Teacher: Eduardo Enrique Arreola Jiménez

Tapachula, Chiapas a 14 de febrero del 2022

CURRENT FOOD TREND

Unprecedented changes in lifestyles and eating patterns, increased demand for healthy food and more ethical choices, and consumers' desire to know more about the food they choose, are driving radical trends in the food industry today.

Functional Foods

Another consequence of the **pandemic** is that consumers are taking the health of the immune system more seriously. Rather than being limited to beauty products and pharmaceutical alternatives, functional ingredients which claim



to provide benefits such as anti-aging, immune-boosting, and more, are now found in many foods and beverages. Examples of these ingredients are turmeric, which is believed to have antiinflammatory properties, and butterfly pea flower extract, which is supposed to combat the

effects of aging on skin and hair. We're seeing it in beverages, in dry cheeses, in opentextured cheeses. We're seeing it in chocolates and in snacks, "Whatever you think of, there is a functional ingredient included."



Traditional cuisine

Traditional foods, understood as those passed from generation to generation, as well as those being from, relevant, and significant to a certain location, family or person, are generally examined by social sciences such as anthropology, which has been a fundamental pillar in food heritage.



However, from a food science perspective we can also explore and comprehend typical meals, and especially how they relate to global **malnutrition** indicators. Traditional food intake could permit a closer look at and approximation to healthier

eating. **The current dietary** profile reinforces traditional foods as a space to improve the quality of life through **healthier diets** and the social, emotional, and nutritional union that these heritage foods represent.

Veganism



COMPASSION



NONVIOLENCE



FOR THE
ANIMALS



FOR THE PLANET



FOR THE
PEOPLE

This is a lifestyle where all foods of animal origin, such as cheese and milk, are excluded, so the forte of their

diet is plant-based. This decision is based on care for the environment and respect for animal life, which extends to clothing, beauty products. Tofu has become the star food of Abasto Vegano, because it is healthy and rich in protein, people look for it a lot.

As well as sugar-free products, whether they are drinks or creams. Additionally, **superfoods** are highly nutritious foods, including: spirulina, hemp hearts, turmeric and moringa

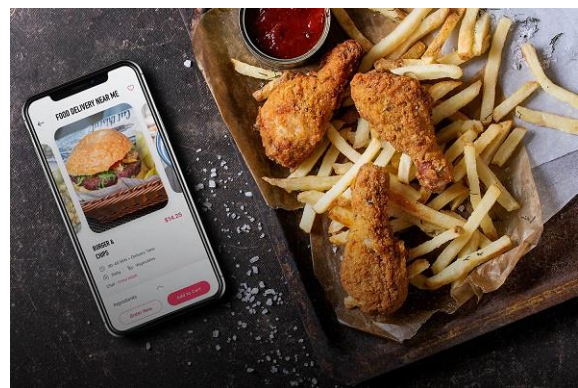
Gastronomy at home

The pandemic has accelerated a trend that was already on the rise, home orders. This model has gone from novelty to necessity. The home delivery revolution is underway, today's consumer expects to get everything quickly and easily.



Because 39% of the orders are, of course, pizzas, while 14% of the orders correspond to hamburgers, It will obviously increase the risk of increasing body weight, which will promote the risk of diseases related to being **overweight**,

such as **hypertension**. Remember that these products usually contain a large amount of salt and sugar, and are usually accompanied by sugary and carbonated drinks. If the person is at a healthy weight, the impact at first will not be excessive, but if he starts from a bad state of health, he can pay the short-term consequences.



GLOSSARY

PANDEMIC: It is the affectation of an infectious disease of humans throughout a geographically extensive area, that is, that it extends to many countries or that it attacks almost all the individuals of a locality or region.

MALNUTRITION: A condition that occurs when you don't get enough calories or the right amount of major nutrients, such as vitamins and minerals, that you need for good health.

THE DIETARY PROFILE: The concept of nutritional profile refers to the nutrient composition of a food or diet. The elaboration of a nutritional profile is the classification of foods with a determined objective based on their nutrient composition.

HEALTHIER DIETS: Is one that provides each individual with all the food necessary to meet their nutritional needs, at different stages of life (childhood, adolescence, adulthood and aging), and in a healthy situation. Keep in mind that this section refers to healthy eating in general, and use it as a basis for your daily diet.

SUPERFOODS: They are those that contain a very high amount of nutrients and other substances that have been shown to be beneficial to health, among them are, for example, vitamins (vitamin A, vitamin B9, vitamin E, vitamin D or vitamin K), and minerals.

OVERWEIGHT: They refer to a body weight that is greater than what is considered normal or healthy for a given height. Being overweight is usually due to extra body fat. However, being overweight can also occur due to excess muscle, bone, or water.

HYPERTENSION: It is a chronic pathology in which the blood vessels have a persistently high tension, which can damage them. Blood pressure is the force exerted by the blood against the walls of the vessels (arteries) as it is pumped by the heart. The higher the tension, the more effort the heart has to exert to pump.

BIBLIOGRAFÍA:

<https://mapal-os.com/es/recursos/blog/las-10-tendencias-alimentarias-para-2021-y-2022-1>

<https://www.forbes.com/sites/eustaciahuen/2021/11/25/4-hottest-food-trends-to-watch-in-2022/>

<https://www.delish.com/food/a38450218/food-trends-2022/>