



FOOD



HEALTH



GENERAL



TRENDS

General

MyPlate For Older Adults

The food pyramid has recently been updated by the federal government and is now being called "MyPlate." Tufts University nutrition staff has followed with MyPlate For Older Adults. Some of the highlights include:

- Decrease in calories to account for slower metabolism
- Emphasis is on a level of physical activity including daily errands and chores
- Focus on reduced sugar amounts, increase in fiber and reduction in sodium using spices to add flavor. This version of MyPlate can be found at www.hnrc.tufts.edu. (Tufts University Health & Nutrition Letter, 1/12)

Flavor Forecast

McCormick has issued its 2012 flavor forecast:

- Cumin with Sofrito & Korean Pepper Paste with Sesame, Asian Pear & Garlic – this pairing is a honoring roots, adding modern influences to cultural authenticity
- Dill with Mint, Melon & Cucumber with Meyer Lemon, Lemon Thyme, Limoncello & Lemon Peel – these partners exemplify the ultimate taste experience of quality ingredients, flavors and textures
- Eggplant with Honey & Harissa with Squash & Red Curry & Pancetta – seasonal vegetables are combined with ingredients that provide a burst of flavor
- Ginger with Coconut paired with Vanilla and Butter – this is a celebration of basics; it allows the simplicity of flavor to come forward
- Red Tea With Cinnamon & Plum and Grapefruit With Red Pepper – this is pairing wellness flavors without sacrifice of enjoyment
- Sweet Soy With Tamarind & Black Pepper with Blueberry With Cardamom & Corn Masa – this is an example of "no boundaries," and having fun with food

www.mccormick.com

Dairy New Products

Chocolate is the flavor showing up in a couple of new products. Sophie Pachella has launched her new line of Greek yogurts under the Sophie brand in the New York area with Chocolate and Chocolate Almond flavors. Chocolate is not a flavor generally associated with Greek yogurt. Lucerne, a private label company for Safeway, sold chocolate whipping cream as a limited edition over the recent holiday period. (www.dairyfoods, 1/25/12)

Retail

Smart Snacks

Consumers have added a 4th meal to the day and it is being called "snacks." The snack occasion is adding an average of 580 calories per day, or ¼ of the daily recommended intake. Of particular concern is the amount of fat, sugar and salt in snacks and these ingredients are being called out as key stimulators to release dopamine, which triggers the brain to crave more snacks. With the continuing concern around obesity, healthy snacks are being promoted for weight loss. These include yogurt, nuts, fruits, whole grains and vegetables. (Tufts University Health & Nutrition Letter, 10/11)

Healthy Meals From Retailers



Retailers are helping consumers with their health goals by providing groceries to make specific meals to help with weight loss or a specific health condition. Hy-Vee is launching a "Fast, Fit, Food" program which provides

meals along with consultation with the in-store dietician. The meals include 1200 to 1500 calories with reduced levels of sodium, fat and carbohydrates. They are targeting consumers who want to take control of their food intake but don't take the time to plan what they should eat. The March Health & Wellness Conference, sponsored by the Food Marketing Institute will focus on retailers' best practices with in-house health programs. Retailers are using their pharmacies and hiring dietitians to assist with health initiatives because consumers are confused by the abundance of information. They want help to cut through the clutter. (Supermarket News, 1/2/12)

Sauté

Cooking Light is featuring sauté as a quick cooking method in their latest publication. They describe sauté as "a high-heat, quick-cooking method that puts chicken on the table in a flash." The recipes featured for sauté include a sandwich, a salad and chicken sautéed with ingredients such as Brussels sprouts and onion jam. Chicken has great family appeal and they describe that protein as "king of the dinner birds." (Cooking Light, January/February, 2012)

Foodservice

New Standard For School Meals

New standards have been set for school meals for the first time since 1996. The recommendations include offering:

- More whole grain foods
- Fruits and vegetables every day
- Low fat or fat-free milk only
- Total calories specific to children's age as a way to control portion sizes
- Reduced amounts of saturated and trans fats as well as sodium

Key changes from the 2010 Dietary Guidelines were also integrated into the new standards. (www.fns.usda.gov 1/25/12)

Cheese On Trend

The Wisconsin Milk Marketing Board has identified ways cheese can influence the menu:

- Deliver bold flavor – this can be done via spicy or smoky flavors or intense flavors such as blue cheese.
- Hispanic cheeses - consumers are interested in cheeses beyond pepper jack. A variety such as queso blanco, queso fresco, anejo enchilado and queso Oaxaca can add interest to the menu
- Artisan Techniques – cheese makers are aging cheeses beyond the norm, such as 15-year Cheddars. Or they are adding flavor via rubs of espresso or herbs or soaking cheeses in liquids such as beer, wine or balsamic vinegar
- Origin As A Point Of Sale – consumers are interested in where their food comes from. Cheese often comes with a great story about its origin or how it is made
- Convenience Cuts – Restaurants are looking for easier versions of popular cheeses. Sliceable blue cheeses or shredded premium natural cheeses such as Asiago or Parmesan are of interest to operators

Cheese is also being used as a stuffing.



You can find:

- Provolone Stuffed Meatballs in Marinara Sauce at Applebee's
- A Polish sausage stuffed with Cheddar at Dickey's Barbeque Pit
- A Jalapeno & Cheddar Stuffed Steakhouse Burger at Burger King
- Stuffed breadsticks including one made with pepperoni, mozzarella and pizza sauce or a cheeseburger version made with ground beef, Swiss cheese and Dijon mustard at Dunkin' Donuts
- (Flavor & The Menu, Volume 12, 2011)