

NOURISHMENT

FOOD TREND WATCH

These are a few ingredient trends that have been predicted by Datassential's 2022 Trendspotting report to increase in popularity in 2023.¹

ALOE

- Aloe vera juice is mostly seen in beverages, but also in some packaged snacks
- Rich in antioxidants and Vitamin C
- Has a slightly bitter, citrusy flavor

CHICKPEA FLOUR

- Among the top-growing gluten-free flours on menus, though it's been a staple in Indian cuisine for centuries
- Higher in protein and fiber than wheat flour²

CAROB

- Commonly used as an alternative to cocoa powder
- Has a nutty, naturally sweet taste
- Is caffeine-free, fat-free, and has twice the calcium found in cocoa



1. 6 Trends to know, Trend Watch Magazine, Datassential, vol 110. Published on July 6, 2022. Accessed October 20, 2022.

2. Wheat Flour Nutritionals, USDA FoodData Central. Updated on April 1, 2020. Accessed October 20, 2022. <https://fdc.nal.usda.gov/fdc-app.html#/food-details/789951/nutrients>