

Top 8 Food & Nutrition Predictions for 2025

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High-fiber diets



2

Plant-based proteins



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Affordable nutrition



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GLP-1 friendly foods



5

Continued focus on protein



6

Personalized nutrition



7

Intermittent fasting



8

Eating for a healthy gut microbiome



Top Nutrition Guide

**The American Dietetic Association
(ADA), Roberta Larson Duyff**



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