

Top 8 Food & Nutrition Predictions for 2025

1

High-fiber diets



2

Plant-based proteins



3

Affordable nutrition



4

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

Cassell, Ltd



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innovation allowed vertebrates to become successful on land. Select one of the following: B) bony skeletons. D) amniotic egg.

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