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Cooking on Campus: COOKING WITH CUPID – Tuesday, 2/7, 5:15-6:30pm • UA Campus Rec, Outdoor Adventures. Buy a meal, learn to cook for only \$5! Visit cookingoncampus.arizona.edu for more info.

Food Trends 2017: Are You In?

Each New Year brings with it new and interesting trends. Although there are several opinions as to what will actually catch on, we've done our foodie-research and think you may be seeing these trends in grocery stores, restaurants and food trucks in 2017.

- **Street Food Strong.** Food can serve as a gateway to other cultures, so what better way to learn about new places and people than through tasty street foods? Try new vegetables, spices, and unique ways of preparing a variety of ingredients. From Chinese cold noodle bowls to Salvadorian pork pupusas, to Japanese shrimp dumplings and Lebanese grilled vegetable kabobs, be open minded to expanding your culinary and taste bud horizons!
- **Vegetables Are King.** We know vegetables are a healthy food choice, so it's nice to see them on both the National Restaurant Association's and James Beard Foundation's list of 2017 food trends! Bursting with nutrition, including cancer-fighting antioxidants and filling fiber, expect to see vegetables like seaweed, beet greens, and heirloom produce taking center

plate on menus. Mashed cauliflower, anyone?

- **Mock Meats.** As awareness about the health and ecological impacts of meat increases, people are experimenting more with plant-based meals and seeking ways to keep protein up and meats down. As a result, foods like tofu, seitan, and tempeh are now easier to find at the market and are showing up in restaurants. These foods not only look like meat, they comparatively have less saturated fat, yet pack a protein punch and contain fiber.
- **Great Grains.** By now, you've probably heard of quinoa, but this year keep an eye out for grains like teff, amaranth, and sorghum in combo meal bowls and in salads. Like other grains, they are rich in B vitamins and iron, but the nutrition upgrade is in their high protein and fiber contents. One cup of cooked teff has 10 grams of fiber and 7 grams of protein, while sorghum has 22 grams of protein and 12 grams of fiber! These grains will fill you up but won't weigh you down.

Have questions about your diet? Our UA Campus Health of Registered Dietitian Nutritionists are here to help you out.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.