



# New Frontiers in Healthy Food and Beverages

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## INTRODUCTION

Scope

Key findings

Consumers increasingly shun “negative” food and drink ingredients

While dietary and free from labels shape foods, health benefits lead the way in drinks

## TRANSFORMATIVE PLANT-BASED TREND IN FOODS

Plant-based proliferation

A claim growing across categories

Plant-based speaks to the reducers, the limiters and the restrictors (1)

Plant-based speaks to the reducers, the limiters and the restrictors (2)

Vegan gelling alternatives open up further food categories

UPP sees gold in wasted broccoli greens

## GUT HEALTH DAIRY VENTURES BEYOND DIGESTION

Going beyond just digestion, gut health now embraces a holistic perspective

The dairy industry's gut health focus gains ground

Embracing fibre in the dairy and alternatives industry to unlock gut health potential

Avonmore addresses gut health and low fibre consumption with chicory root addition to milk

Good Culture sets the trailblazing example of utilising probiotics in dairy beyond yoghurt

## CREATING HEALTH CLAIM SYNERGIES IN SNACKS

Better-for-you snacking is set to continue expanding to tackle modern diet needs

Health remains a valuable proposition for value-driven food categories like snacks

The snacks industry has been boosting nutritional credentials to capture growth

Ranging health concerns and perceptions are growing the need for combination snack claims

## FOOD AND DRINKS AT THE SERVICE OF THE MIND

Brain health beholds an avenue of opportunities across food and drinks

Mental health has moved to the top list of consumer health concerns

Brain health is being prioritised to deal with an uncertain world

The activity is shifting to less-traditional brain health categories

Case Study: elements focus

## OUTLOOK

A quest for animal-free food and the atomisation of diets

How to be a leader in health and wellness food and drinks

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