

Make plants the rock stars of your diet

Dietitians with the Association for Dietetics in South Africa highlight the nutritional trends likely to shape our food choices over the next 10 years.

◆ **Globally, we've seen the rise of more plant-based eating among the privileged, who can easily afford to eat meat, a status symbol in society.**

Kelly Scholtz: "An affordable diet in the average South African household is already very much plant-based, with small amounts of meat, chicken or fish used when possible, with beans, peas, lentils and foods like milk and eggs providing protein.

"For households with access to expensive foods, there is also likely to be more awareness of diet and nutrition trends. It is already clear that restaurants and retailers in South Africa are stocking more meat alternatives and vegetarian and vegan products in support of this trend."

Cath Day: "Every vegetable and fruit is a rock star because they promote eating fresh and unprocessed food. They are loaded with vitamins, minerals, polyphenols and fibre. "Pulses are the edible seeds of plants in the legume family. Pulses grow in pods and come in a variety of shapes, sizes and colours and include dry beans, dry broad beans, dry peas,



MORE people are now striving for healthier lifestyle choices. | Pexels.com

chickpeas, cow peas, pigeon peas and lentils.

"Pulses promote the health of the planet too. Pulse crops help decrease greenhouse gases, increase soil health, and use less water than other crops.

"Additionally, pulses are a low-fat source of protein with high levels of protein and fibre.

"Pulses also contain important vitamins and minerals like iron, potassium and folate. Therefore, not only are they great for the earth, but also great for your health."

(See recipes on Page 13)

◆ **Alcohol? Not so much...: Globally, we have already**

seen the rise of non-alcoholic options and the popularity of alcohol abstinence programmes on social media that highlight improved health and happier lifestyles.

Retha Harmse: "With alcohol being a non-nutrient and high in kilojoules (29 kilojoules per gram), it is no secret that alcohol abstinence is good for your health and waistline."

◆ **Shaping up to body positivity:**

Retha Harmse: "With the slow shift towards being more mindful and practising intuitive eating, there is immediately a weight lifted from having to be perfect according to an impossible media ideal, and the removal of the anxiety and tension often associated with eating. That links perfectly with the body positive movement...with the focus on health rather than on weight."

Cath Day: "It is important to be body positive and to focus on living a healthy life, which includes exercising on most days, choosing healthy meals and snacks, sleeping enough, managing stress, not smoking and having purpose and love in your life for social and emotional well-being."

◆ *See the full trend forecast on www.adsa.org.za*