


10 Things You SHOULD KNOW

Team with FONA for complete taste solutions!


FONA's consumer and market insights experts translate trends into product ideas and connect the dots from research to concepts to market opportunities. Our flavor and product development experts are at your service to help meet the labeling and flavor profile needs to capitalize on market and consumer trends. From concept to manufacturing, we're here every step of the way!


1. According to Women's Day, nut eaters weigh about 4 pounds less than people who munch on other foods. Nutty snacks in the 125-calorie range deliver the healthiest benefits: 9 walnut halves, 13, cashews, 17 almonds, 23 peanuts or 30 pistachios.

3.  Grapefruit is popular this month! Try it sliced thin on a fennel salad with roasted beets or chopped up in a salsa over herb chicken. Feeling innovative? Recycle grapefruit skin to flavor water or create dried, tender sweet strips to satisfy your sweet tooth. | *Bon Appetit, Cooking Light, Eating Well*

5. 4 age-fighting foods- Oatmeal: packed with amino acids and vitamin E, which nourishes skin and combats sun damage. Mozzarella Cheese: high in calcium to protect and strengthen the enamel of your teeth. Grapefruit: packed with vitamin C which promotes collagen growth for more firm skin. Walnuts: high in omega-3 fatty acids that increase moisture levels to plump wrinkles. | *Women's Day*


7. Revitalize and nourish with unique flavor pairings in smoothies: Detox with Beet-Orange Bliss made with celery to clear out toxins and shelled hemp seeds to amp up nutrition. Energize with Banana-Avocado Ginger made with coconut water and parsley to increase iron. Renew with Mango-Strawberry Power-Up made with kiwi to add potassium and raw almond butter to boost protein. | *Prevention*

9.  Recycle your greens. The stems of leafy greens such as kale, red dandelion and chard are nutrient-rich and add an herbal, grassy flavor. Use them in a variety of ways: Thinly slice young stems to eat raw, add to soup or pasta, sauté with olive oil or toss in with salad for an extra crunch. | *Saveur*

2.  Exotic citrus fruits are making their way to U.S. markets. Variegated Calamondin: cross between a mandarin orange and a kumquat. Finger Lime: filled with tiny sacs of herbal, lemon-lime juice that bursts in your mouth. Sudachi: lime-like, high in acidity and very zesty. Yuzu: cross between a grapefruit, lemon and sour mandarin orange. Kaffir Lime: potent, tangy and herbal with lime flavor. | *Cooking Light*

4. Sip on ruby-red rooibos tea daily to defend against winter germs. According to Japanese researchers, rooibos tea contains phytonutrients that activate virus-fighting genes inside immune cells. Steep tea leaves for 3 minutes to maximize the healing compounds. | *First For Women*

6. Berberine: a plant-based extract than can naturally lower cholesterol, according to Women's Health Magazine. Total cholesterol was decreased by 12% and triglycerides were down by 21% in adults who consumed 1,000 milligrams daily for three months.

8.  Mushrooms amplify the taste of sodium, so adding a handful of these vegetables to your dish can allow you to use less salt. Also packed with vitamin D, mushrooms can keep muscles and bones strong, and reduce inflammation, depression and daytime sleepiness. | *Eating Well*

10. Krupuk, unique potato chips popular in Malaysia, Indonesia and Singapore, are known for their crunchy texture. Made from ingredients such as tapioca flour, dried shrimp, bitter melinjo seed and tempeh, they are sun dried and sold uncooked, then dropped into hot oil for the perfect crisp. | *Saveur*