

10 Things You SHOULD KNOW

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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. Lemon balm essential oil is proven to calm stress and anxiety, according to Dr. Tieraona Low Dog. The citrusy, fragrant aroma may lower blood pressure and help you relax. Steep a cup of organic lemon balm tea and feel the serenity. | *Prevention*

3.  Fennel is in season! This veggie is rich in antioxidants, potassium and fiber. With a mildly sweet, licorice-like flavor it is best eaten raw in a salad or roasted with olive oil and simple seasoning. | *Food Lover's Companion*

5. Josey Baker is revolutionizing toast from a snack to a meal. Taking part in the "Hipster Toast" phenomenon in California, his San Francisco café The Mill, was the first to serve this trendy toast. Thickly sliced, artisanal bread is toasted and seasoned with Maldon sea salt, then lathered with everything from almond butter and cream cheese to apricot marmalade and Nutella. | *bonappetit.com*

7. Experience the globe with three Moroccan-inspired recipes infused with Mediterranean ingredients and Middle Eastern spices. Chicken Tagine with Almonds, Apricots and Olives, Roasted Beet and Dandelion Greens Salad and Date Cake with Orange-Blossom Syrup. | *Martha Stewart Living*

9.  Asian-inspired flavor pairing: peanut and chili powder. Include these ingredients for a creamy-plus-spicy flavorful duo. Try Spicy PB cookies made with chunky peanut butter and sprinkled with chili powder. | *womenshealthmag.com*

2.  Seeds add a healthy crunch. Chia seed is high in omega-3s and calcium. Flax seed is rich in fiber and antioxidants. Hemp seed has almost as much protein as soy beans. Pumpkin seed is a great source of vitamin K and iron. Sunflower seed is packed with vitamin B and protein. Sprinkle your choice of seeds on a salad, add to oatmeal or substitute for bread crumbs on fish. | *Weight Watchers*

4. Simply Gum is the first 100 percent natural chewing gum on the U.S. market. It contains just six ingredients (4 that are organic) compared to a standard stick which packs as many as 80. This better-for-you bubble is free from preservatives and synthetics with a spicy-cinnamon flavor. | *First For Women*

6.  Energize with RealBeez Refresh Dark Roast Iced Coffee: made with 20% coconut water to boost energy. Only contains 70 calories!

8. Maples goes beyond breakfast. Pure maple syrup is packed with antioxidants and essential vitamins and minerals. Try these recipes from Women's Health magazine: Maple-Glazed Brussels Sprouts, Maple Champagne Cocktail and Maple Millet Cereal made with millet, chia seeds and flaxseed. | *Women's Health*

10. A study from the American Journal of Clinical Nutrition says individuals with diets rich in fruits and vegetables, fish and whole grains are 16% less likely to develop depression compared to those who consume more carbs and refined sugars. | *Prevention*