

# 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!



1900 Averill Road, Geneva, IL 60134  
630.578.8600 | www.fona.com

**1. Chestnuts**  
Roasting over an open fire is just the beginning. Saveur magazine has compiled a list of their favorite chestnut products. Whether dried, spreadable, ground into flour or made into honey — chestnuts have expanded beyond their humble origins.

**3. Kimchi**  
The fermented cabbage dish is popping up on menus nationwide, with one analysis estimating that it's offered on 1 in 50 U.S. restaurants. It's made from a fiber-packed veggie, loaded with antioxidants-rich spices and teeming with gut-friendly probiotics. | Health

**5. Beyond Cereal**  
Quest Nutrition recently launched Beyond Cereal Protein Bars. The waffle flavor is described as: "baked with the sweet taste of maple syrup and the butter flavor of fresh waffles into every bite of this crunchy uncereal bar." The bar contains 12 g of protein and 110 calories per serving.

**7. Growing Grains**  
In the past five years, ancient grains have been embraced by chefs and consumers alike and we are spotting them in new product introductions and on the menu. Kamut, sorghum and millet show the most growth for ancient grains on restaurant menus from 2015-2016 according to Datassential.

**9. In the Spirit**  
Next time you need a hostess gift, consider a twist on the traditional bottle of wine. Tippy Scoop blends the magic of an artisanal, hand-crafted ice cream with the mastery of a perfectly mixed cocktail and is now selling flavors nationwide. Each pint contains 5% alcohol. Some of the flavors include: red velvet martini, strawberry white sangria sorbet and maple bacon bourbon. | Food Network

**2. It's the Bomb**  
You may have to work a little to enjoy this superfood, but the fruits of your labor will yield a wonderful prize: tart, gemlike seeds with antioxidants, fiber and potassium. The December issue of Martha Stewart magazine provides tips and tricks to seeding and juicing pomegranates and a recipe for pomegranate molasses.

**4. Dessert Hummus**  
Delighted By has launched a sweet twist on the internationally popular chickpea spread and it's unlike any hummus you have ever seen before. Flavors include: chocolate chip, brownie-batter, snickerdoodle, orange dreamsicle and vanilla bean. | Food & Wine

**6. McDonald's Table Service**  
McDonald's is aiming to become more modern and nimble through self-service kiosk ordering, mobile payments, "smart" menu boards, custom sandwiches and table service. About 500 of their U.S. restaurants have made the changes with FL, NY and CA the first regions to adopt the new format. | Fortune

**8. Persian Food**  
Kebabs, black limes, rosewater, a tangle of herbs, and rice, rice, rice: these hallmarks of Persian cooking are being newly featured around the country. Food & Wine magazine is spotting classic dishes getting the chef treatment. From salads in Portland, long grains in Atlanta and winter fruits in San Fran — the tastes of Persian cuisine are emerging in new ways.

**10. Leftovers on the Cheap**  
A new app called Food for All connects consumers with restaurant leftovers at the end of the day for 50-80% less than if they would have ordered earlier in the day. The goal is to reduce food waste and give diners a great deal. This app is still in prototype phase with plans to go live in Boston and New York in Summer of 2017. | Grub Street