

# Top 8 Food & Nutrition Predictions for 2025

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High-fiber diets



2

Plant-based proteins



3

Affordable nutrition



4

GLP-1 friendly foods



5

Continued focus on protein



6

Personalized nutrition



7

Intermittent fasting



8

Eating for a healthy gut microbiome



# Nutrition Guide 2025 Edition

**Dorothea J. Klimis-Zacas**



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