

# 10 Things You SHOULD KNOW

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1.

## Right On, Red

Study: the color of lettuce indicates the speed of its antioxidant effect. Green leaves contain antioxidants that act slowly, while red-leaf lettuces have antioxidants that act more quickly. It is worth noting that both kinds of lettuce are beneficial, because our bodies need variety. | Food Network

3.

## Yogurt That's Not From Greece

There's no denying our big fat Greek yogurt obsession. (It accounted for nearly half of all yogurt sales in 2013!) But the options are stretching beyond the Mediterranean. We are spotting Siggis, Skyr and Smari from Iceland; Noosa, Wallaby and Yulu from Australia; Gopi from India and Tarte from Vietnam. | Health Magazine

5.



## Happiness is... Eating Yogurt

Multiple studies have found that eating yogurt can lessen anxiety and boost your mood. In one study, participants who ate yogurt twice a day reacted more calmly to irritating stimuli than those in control groups. | Food Network

7.

## Kale Sprouts

It seems there are no two vegetables more popular right now than kale and Brussels sprouts. Kale sprouts, a hybrid of Russian red kale and Brussels sprouts, combine the best of both. Imagine kale's thick leaves and peppery flavor paired with nuttiness and adorable size of Brussels sprouts. Some things are popular for good reason. | Fine Cooking

9.

## Why Is Saffron So Pricey?

It's the hand-harvested stigmas of a particular crocus flower, and it takes 75,000 flowers to yield just 1 pound. Thankfully, most recipes call for just a pinch. | Fine Cooking

2.

## Go Ahead, Dig In!

Indulging in dessert could prevent you from consuming excess calories later. According to new research, eating something sweet activates the part of your brain that commits your meal to memory, which may help you forgo mindless munching. | Georgia State University

4.



## Sweet!

If you eat at Food Network star Jeff Mauro's new Chicago restaurant Pork & Mindy's, you'll likely encounter bacon (and MANY other delicious things like the tots and homemade buttermilk ranch). To make the menu staple "pig candy," the chefs caramelize the bacon, then stuff it into BLTs, crumble it on salads and sprinkle on sundaes. P.S. See the pic of our very own Josh Lanagan & Chef Mauro.

6.

## Surprising Citrus

The thin peel of the calamansi, a citrus native to southern China, is sweet, while its juice is quite sour. The fruit is most often squeezed over cooked fish or in dipping sauces. Also found in Florida and California, the citrus tastes like a cross between a lime and kumquat. | Saveur

8.



## Doughnuts vs. Donuts

"Doughnut" is the dictionary-approved spelling for a sweet, often ring-shaped pastry that's been fried in oil. The origin of the shortened word is unclear: some experts say bakers started advertising it as a "donut" in the 1920s because the spelling was easier for people who didn't speak English to understand. Others believe the term took off in the 1950s when Dunkin' Donuts trademarked it. | All Recipes

10.

## That Honey Feeling

Savannah, Georgia-based chocolatier Adam Turoni coats gooey, floral, sunshine-sweet local honeycomb in exceptionally smooth dark chocolate, and then dusts the tiny bars in edible gold. | Fine Cooking