



YOU ARE WHAT YOU EAT ➔

All about nutrition: Eating a healthy, well-balanced diet should sit at the top of your priority list. Here are four new, and simple, ways to do it.

1

MAGIC MUSHROOMS

They're a powerhouse of antioxidants, a good source of vitamins B and D, and they boost immunity. While mushrooms have long been a salad staple, they're now making their way into bars, elixirs, drinks and supplements.

New York dietitian Amy Shapiro of Real Nutrition NYC says that because our stress levels are so high, the result is a focus on instilling a state of calm to manage our hormones, which these products do. **"Mushrooms come in powder form, which is easily added to soups, smoothies and coffee. Dried mushrooms and powders are more potent than mushrooms**

in their traditional forms because the elimination of water makes them more concentrated." The most commonly used mushrooms in drinks and bars are cordyceps, reishi, lion's mane and shiitake. "Depending on the variety, they can have a mild, earthy or bittersweet taste," adds Shapiro. Find them in Gaia Herbs Mushroom + Herbs and REBBL Reishi Chocolate drink.

2

THE NEW ALTERNATIVE MILKS

If you thought replacing cow's milk with almond, coconut, hemp or cashew milk was where the trend stopped, guess again. While nut milks were a big thing a few years ago—and still are—some unusual ingredients, like **potatoes, bananas, oats and peas, are now popping up as milk substitutes.** "With all the nuts 'milked' already, the alternative-dairy scene has been looking to plant- and vegetable-based options because so many people follow dairy-restrictive diets. **Vegetable-based milks** are a way to tap into this market," says New York nutritionist Brigitte Zeitlin, founder of BZ Nutrition. "The most popular one right now is unsweetened pea milk, which is creamy and makes a good base for a latté. But, there is also banana milk, potato milk and sunflower milk." For something different than your average almond option try: Banana Wave and Sir Bananas banana milk, Oatly Oat Drink and Ripple Pea Milk.

3

ALGAE BREAD

What's up-and-coming in the gourmet-bread category are options that do away with eggs, butter and milk and replace them with algae. According to Alon Ozery, founder and CEO of **Ozery Bakery, swapping the bread's dairy components out for whole algae** gives it an improved health profile. "The breads are indulgent without losing the fluffy, buttery flavor and texture of a traditional brioche," he says. While not carb-free, adding algae to the recipe equates to **less cholesterol, fat and sugar** and an uptick in fiber, all without compromising on flavor.

4

POWDER-BASED BONE BROTH

If you love bone broth but you're not privy to a shop that sells it or you don't have time to cook it, you'd think you're out of luck. However, you can now get your fix via Vital Proteins' USDA-organic powdered Beef or Chicken Bone Broth Collagen (unflavored), which is **extracted from grass-fed, pasture-raised or free-range bones.** Mix one pack or scoop in hot liquid to reap its collagen-boosting benefits.