

# Wellness Redefined: Healthy Eating in a Post-Coronavirus World

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Table of Contents

#### INTRODUCTION

Scope

Key findings

## HEALTHY EATING IN ACTION

Healthy eating is paramount as part of a wider holistic approach Healthy eating in a post-COVID-19 world: key themes

## PREVENTATIVE HEALTH

Preventative health: greater focus on food as medicine

Immunity-boosting takes centre stage

Mood management and sleep aid ingredients to support mental health

Mental wellbeing to propel the energy boosting positioning further

Plant-based trends continue to gain momentum

iMuse probiotic yoghurt skyrockets in light of the immunity craze

Actimel taps into growing demand for plant-based and immunity support

Enlightened brings adaptogens to the masses

Preventative health: what should food and nutrition businesses focus on?

#### **BACK TO BASICS**

Back to basics: traditions, localism and inclusivity strengthen

Traditional functional ingredients to bring further potential

Spotlight on inclusive nutrition and value reassessment

Support your locals: embracing local food producers in the Netherlands

Junlebao introduces wellness brands at inclusive price points

Back to basics: what should food and nutrition businesses focus on?

## TRANSPARENCY

Clean label takes a back seat but it is set to return

Supply chain transparency: an important part of brand trust

Arla: when clean label meets long-life foods

Danone: building trust through a transparent "farm-to-fork" journey

Transparency: what should food and nutrition businesses focus on?

## SELF-EDUCATION

Self-education becomes pivotal to make healthier food choices

Tech accelerates behavioural shifts towards preventative health

Spoon Guru: guiding consumers to boost their immunity

Key food stakeholders back bid for EU-wide adoption of Nutri-score

Self-education: what should food and nutrition businesses focus on?

# CONCLUSION

COVID-19 accelerates holistic approach to health

What to focus on?

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