Cooking With A Foodie Predicts Weight Loss Trends Moving To Natural Diets

June 28, 2015

June 28, 2015 -
Cookbook publisher Cooking With A Foodie predicts that that current weight loss trends are shifting gears toward more natural diets. Spokesman for the company, Sid Myla, says that consumers today are starting to question the effectiveness of magic pills and special elixirs that claim to melt the pounds overnight. He commented that, ?Look at organic food sales in the last 5 years alone. The demand for organic food hit $35 billion in 2014 according to the Organic Trade Association (OTA), and that number is expected to keep growing.? Consumers are starting to believe in magic pills less and less, instead, they are demanding more natural alternatives to processed food. This shift towards more natural organic food farming is an indication that if more and more consumers are willing to pay a premium fee for food that is produced without pesticides or other chemicals, the demand will only continue to rise.

?This is a shift in the right direction for the entire nation,? says Sid Myla. A recent consumer survey conducted by OTA claims that this organic trend is not limited to any specific demographic. This shows that American consumers across the board are participating in this organic food trend and choosing what they put in their bodies more wisely. Fruits and vegetables showed a 12% increase in 2014 from the previous year, which is nearly 36% of all organic food sales. Just last year alone, 12% of all produce sold in the United States was certified organic, while organic dairy sales also increased 11%.

Cooking With A Foodie adds that in order to promote awareness of this rising wholesome food trend, they are planning a national health challenge that will begin this summer. They urge anyone who is interested in their challenge to sign up for their newsletter to get more information about how to participate in this contest. Cooking With A Foodie states that when more details are clear, a more public announcement will be made.
###
For more information about Cooking With A Foodie, contact the company here:Cooking With A FoodieSid Myla6196308292cookingwithafoodie@gmail.com1189 W Upas StSan Diego, 92103

Cooking With A Foodie

Cooking With a Foodie creates high-quality support guides for popular kitchen appliances -- from barbecue and grilling to slow cooking and vegetarian recipes.

Website: http://cookingwithafoodie.com

Email: cookingwithafoodie@gmail.com

Phone: 6196308292