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Full report can be found at:
www.knorr.com/uk/future50report.html



EATING TO IMPROVE THE FOOD SYSTEM

"Diversified diets not only improve human health but benefit the environment through diversified production systems that encourage wildlife and more sustainable use of resources."

Peter Gregory, Research Advisor,
Crops For the Future



FUTURE 50 FOODS

Knorr and WWF have joined forces with other leaders in nutrition and sustainability to develop the Future 50 Foods report.

It frames a solution to reduce the impact of our food choices on our environment whilst increasing the nutritional value of our meals.

The report outlines a list of 50 plant-based nutritious, delicious foods from around the world that we should eat more of to help improve the health of people and the planet.

The ambition is to enable and inspire three shifts: more vegetables, more plant-based sources of protein in place of animal-based sources, and more variety.

“The discovery of a new dish does more for the happiness of the human race than the discovery of a star.”

Jean Anthelme Brillat-Savarin

French gastronome

The Future 50 Foods are from 11 food groups.

This is a sample of the Future 50 Foods report. Find the full report at

www.knorr.com/uk/future50report.html

and follow #future50foods on Instagram, Twitter, LinkedIn and Facebook.



ALGAE

Algae are nutrient-rich and critical to our existence on the planet. They are responsible for half of all oxygen production on Earth and all aquatic ecosystems depend on them. They contain essential fatty acids and are an excellent source of antioxidants. Algae can be rich in protein and have a meat-like umami flavour, making them a potential replacement for meat.





BEANS & PULSES

Beans and other pulses are members of the legume family. They can convert nitrogen from the air and 'fix' it into a form that can be readily used by plants. More than environmental superheroes, beans offer us a rich source of fibre, protein and B vitamins. They are eaten in many dishes all over the world and have a mild flavour and meat-like texture, making them a sensible swap for meat in stews, soups and sauces.





CAC⁴PI

While often used as decorative plants in homes around the world, many species of cacti are cultivated for consumption. Also known as succulents, cacti store water, which allows them to grow in arid climates and tolerate drought. They also contain substantial amounts of vitamins C and E, carotenoids, fibre and amino acids. Edible cacti have long been a part of Mexican cuisine and the delicious young stem segments, usually called nopales, are the part most commonly used in recipes.





CEREALS & GRAINS

Cereals and grains are considered the most important source of food for human consumption. They have been the principal component of diets for thousands of years and, therefore, have played a vital role in shaping human civilisation. For both environmental and health reasons, there is a pressing need to vary the types of cereals and grains grown and eaten. Diversifying sources of carbohydrates from white rice, maize, wheat and other staples, to these less common, whole cereals and grains will provide more nutritional value and help improve soil health. Many of them are readily available whilst others need to be brought back into the food system. Demand for, and supply of, a variety of less common crops needs to be carefully and sustainably increased to help improve diets and agricultural biodiversity.





FRUIT VEGETABLES

Vegetable-like fruits are eaten as vegetables and commonly mistaken for them. They are sweeter and, in most cases, contain a higher amount of carbohydrate and water compared to vegetables. Examples include squash, tomatoes, eggplants/ aubergines, peppers and zucchini/ courgettes. Commonly grown in warm climates, fruit vegetables can be eaten in various forms and tend to be high in vitamin C and fibre.





LEAFY GREENS

These are arguably the most versatile and nutritious of all types of vegetables. They are grown as part of other vegetables, such as beets and pumpkins, and as the leaves themselves. They contain dietary fibre, lots of vitamins and minerals, are low in calories, and have been associated with various health benefits. Leafy greens are typically fast-growing and, eaten cooked or raw, are part of a wide variety of dishes all over the world.





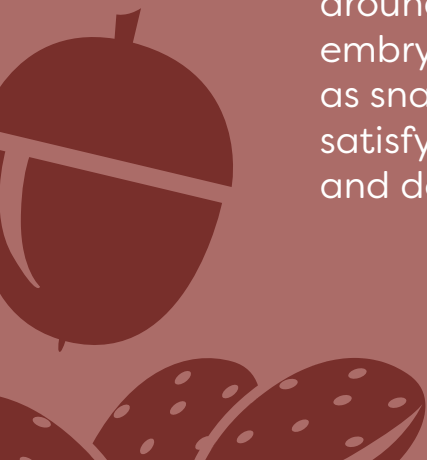
MUSHROOMS

There are more than 2,000 edible varieties of mushrooms. Cultivated for centuries for their taste and nutritional value, mushrooms are rich in B vitamins and vitamin D as well as protein and fibre. Mushrooms can also grow where many other foods would not, including on by-products recycled from other crops. They are not considered plants as they do not photosynthesise; they are classified as fungi. Their texture and umami flavour make them a tasty addition and a suitable substitute for meat.



NUTS & SEEDS

There's no wonder these little powerhouses star in lists of 'superfoods', 'the best foods' and 'the foods you should eat more of'. Their protein, vitamin E and good fat content, paired with desirable flavour and texture, remains unmatched. The crunch makes them a great addition to almost every dish. Yet, of the many varieties available, only a few are commonly eaten. Used in cuisines around the world, these small embryonic plants can stand alone as snacks or add flavour and a satisfying crunch to salads, soups and desserts.





ROOT VEGETABLES

Root vegetables are the crisp and colourful underground parts of plants that are eaten as vegetables. They often have leafy tops that grow above the ground that should also be eaten to optimise the amount of food these nutritious plants can provide. Root vegetables contain a wide variety of vitamins and minerals and are hardy, cool-season crops. Once harvested, they survive for a relatively long time compared with other vegetables.

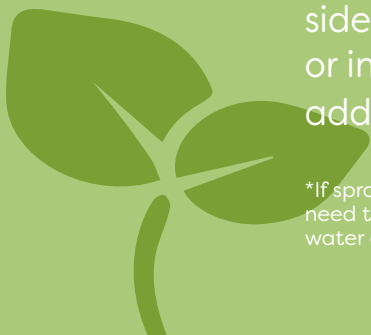




SPROUTS

Sprouting dates back 5,000 years when Chinese physicians used sprouts medicinally because of their extremely high nutrient content. The sprouting process doubles, and in some cases triples, the nutritional value of the plant. Seeds and beans need warm and humid conditions to sprout, therefore they carry the risk of bacterial growth. They feature in the Future 50 Foods list because experts agree that, for healthy people, the added nutritional value outweighs the potential risks that can be associated with them*. Sprouts are delicious as a side dish topped with a light dressing or in soups, salads and sandwiches to add a nice crunchy texture.

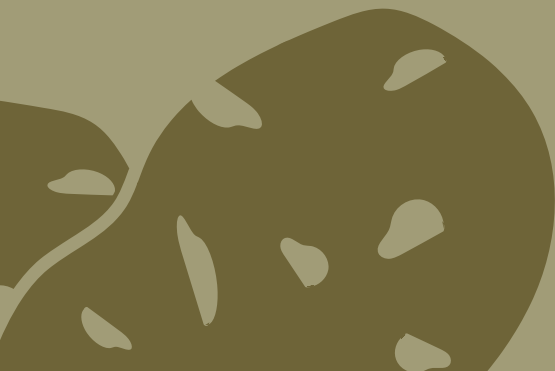
*If sprouting at home, food safety practices and directions need to be followed. Always wash sprouts thoroughly with cold water and avoid any rotten pieces or parts.





TUBERS

Tubers grow downward, anchoring the plant into the ground, where they absorb and store valuable nutrients for use during the winter or drier months. Typically high in carbohydrates, they are a valuable source of energy. They can be eaten in a huge variety of ways, including boiled, baked, or as a sweetened pudding. White potatoes are the most common type of tuber. Growing and eating the less common types of tubers makes our food system more resilient while, in most circumstances, providing more nutrients.



FUTURE 50 FOODS



Algae

- Laver seaweed
- Wakame seaweed



Beans & Pulses

- Adzuki beans
- Black turtle beans
- Broad beans (fava beans)
- Bambara groundnut
- Cowpeas
- Lentils
- Marama beans
- Mung beans
- Soy beans



Cacti

- Nopales



Cereals & Grains

- Amaranth
- Buckwheat
- Finger millet
- Fonio
- Khorasan wheat
- Quinoa

- Spelt
- Teff
- Wild rice



Fruit Veggies

- Pumpkin flowers
- Okra
- Orange tomatoes



Leafy Greens

- Beet greens
- Broccoli rabe
- Kale
- Moringa
- Pak-choi (bok-choy)
- Pumpkin leaves
- Red cabbage
- Spinach
- Watercress



Mushrooms

- Enoki
- Maitake
- Saffron milk cap



Nuts & Seeds

- Flax seeds
- Hemp seeds
- Sesame seeds
- Walnuts



Root Vegetables

- Black salsify
- Parsley root
- White icicle radish (winter radish)



Sprouts

- Alfalfa sprouts
- Sprouted kidney beans
- Sprouted Chickpeas



Tubers

- Lotus root
- Ube (purple yam)
- Yam bean root (jicama)
- Red Indonesia (Cilembu) sweet potatoes



FUTURE 50 FOODS



“By joining together with our partners, we believe we can shift the way food is grown and the foods people choose to eat, delivering significant, positive impact on the food system. Our mission is simple: make delicious, nutritious, and sustainable food accessible to all.”

April Redmond, Global Vice President, Knorr

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