



Your

# health forecast

No fads or fiction here. Instead, this month's Health Matters has an expert-authored look ahead to what you'll be eating, drinking and even thinking over the next 12 months

**After the indulgence** of December, in which you consumed heroic amounts of food and became unhealthily well-acquainted with your sofa, you're probably gearing up for a super-sensible January, aided by on, or more, of the

new health trends that tend to emerge at this time of year.

The challenge, of course, lies in figuring out which of these approaches are actually worth adopting. Sometimes they're easy to spot, like on-demand fitness apps; some less so: jackfruit for dinner, anyone? To separate the wheat from the chaff, we've spoken to the experts to discover what you need for a mental and physical uplift in 2020.

**25%**

Vegans and vegetarians will make up a quarter of the population in the UK by 2025



## FOOD GOES TO AFRICA

Sophie Medlin, consultant dietitian and lecturer in Nutrition and Dietetics at King's College London

“**Teff is an** Ethiopian grain that’s rapidly becoming more available in Europe. It’s higher in protein than wheat and is naturally gluten-free, and people are feeling more and more confident using it to make bread, cakes and other foods. Meanwhile, Ghanaian and Nigerian food is starting to come into the mainstream, with Nigerian restaurant Ikoyi in London gaining a Michelin star, and food halls and food trucks giving African entrepreneurs the opportunity to take their cuisine to a wider audience. I think West African food would lend itself really well to a chain restaurant in the style of Nando’s, serving rice and stewed or grilled meats and fish, and it will be great to see further traction in the fine-dining space over the next few years.”



## IN YOUR KITCHEN



### TEMPEH

Similar to tofu, this soybean staple is packed full of protein



### COCONUT FLOUR

A tasty and fibre-heavy substitute for white flour



### VEGAN CHEESE

Whisper it, but 2020 will be the year it goes stratospheric



## E-GYMS TAKE OVER

Anthony Fletcher, biomechanics coach and precision-running head coach UK at Equinox

“**Fitness is going** digital in a big way in 2020. App-based workouts have evolved into live and on-demand classes (via platforms like Fiit) and guided audio coaching while you run. This is instant, on-tap fitness when you need it. Meanwhile wearables, which began as a way to get people moving more, will incorporate data on recovery and will let people know when they are moving too much or when their body might not be recovering well – stress, mental health and sleep are now the big data collection measurements. Environmental concerns are also a growing factor with a gym’s carbon footprint and plastic bottle usage becoming factors that may affect whether people sign up to them.”

4.2m

The amount of people who took part in “Dry January” last year



**ECOTHERAPY IS THE NEW MINDFULNESS**

Alice Vincent, gardening columnist and author of *Rootbound: Rewilding a Life*

“According to online green-tailer *Patchplants.com*, sales of plants will rise by two-thirds in 2019. Unlike other mindfulness interventions such as adult colouring books – which once you’d coloured them in had served their purpose – the healing effects of plants are multidimensional. They fit current interior trends, improve people’s mood, and offer a sense of connection as they require maintenance in order to grow. Ecotherapy is about noticing greenery more. Look around you – is the sun rising, which direction is the wind blowing, how many trees can you spot and what life stage are they at? Follow Instagram accounts that share shots of nature or listen to BBC Radio 4’s Tweet of the Day – a daily birdsong and the story of that species.”

“Sobriety is a badge of honour: it says, I’m looking after myself, I don’t bow to peer pressure”



**BOOZE-FREE BARS GO MAINSTREAM**

Catherine Salway, founder of *Redemption in London* – the UK’s first dry bar

“We predicted the alcohol-free trend five years ago, when we launched the first sober pop-up bar in Hackney. In 2019, we doubled our sales, and we expect sales to double again next year. Today, sobriety is a badge of honour: it says, I’m looking after myself, I don’t bow to peer pressure. Inspiring podcasts like Ruby Warrington’s *Sober Curious* and Janey Lee Grace’s *Alcohol Free Life*, plus mindful drinking clubs like Laura Willoughby’s *Club Soda*, have built a strong virtual community. Sober people stand proudly together, with ‘No and Lo’ drinks getting better all the time: alcohol-free gins, rums, beers, ciders and prosecco, some with really interesting ingredients.”



**WORKPLACES PRIORITISE MALE MENTAL HEALTH**

Josh Roberts, author of *Anxious Man*

“Until the early twentieth century, scientists thought ‘hysteria’ and ‘melancholia’ (ye olde anxiety and depression) were linked to the uterus, making it impossible for men to suffer. Thankfully, we’re finally waking up: it’s not normal for suicide to be the biggest killer of men under 45. Celebrities like John Hamm and Prince Harry have led the way in discussing mental fragility; in 2020, companies, bosses and headteachers are required to implement strategies that foster a culture of conversation about mental health. Do they need mental health first-aiders, or an independent hotline? Even asking employees to add a wellbeing objective to their annual review can have a big impact. For too long we’ve focused on cure rather than prevention – we’ll see a switch in emphasis in 2020.”

