

Food for Thought

Dig into the latest trends and discoveries behind natural foods, balanced living and your H₂O. BY LAURA SCHOBER

PLANT-BASED MILKS

MILK, REINVENTED: Creamy, milky and not the least bit nutty, a new batch of plant-based milks is stepping up the non-dairy competition. Switch up your usual dairy or nut-milk rotation with flax, pea and oat options from brands like Good Karma flaxmilks (goodkarmafoods.com), Oatly oat milks (oatly.com) and Ripple pea milks (ripplefoods.com). **NUTRITION BENEFITS:** Flax and pea are a natural source of plant-based omega-3s while oat milk offers the added benefit of heart-healthy beta-glucans. **ADD TO:** Smoothies, coffee, cereal or oatmeal, or enjoy on its own.



WHAT'S IN YOUR WATER?

Do you know how clean your tap water is? EWG's Tap Water Database (ewg.org/tapwater) lets you see where your water stands. With over 30 million state water records, this handy online tool allows you to enter in your zip code to see how clean your community's water is and whether it's free of harmful contaminants like arsenic and chromium-6.

WELLNESS LOVERS, UNITE!

A FESTIVAL THAT GETS YOU: The GOOD Fest is a festival for all things wellness on February 3 in Los Angeles. Expect lots of crave-worthy clean eats, motivational speakers, yoga classes, meditation and a marketplace full of health-minded vendors. **WHERE:** Taking place at the Hudson Loft in LA, the festival will bring over 400 health aficionados together in a welcoming, fun and inclusive environment. **A FEEL-GOOD MISSION:** Festival founders, Jess Baumgardner, Jennifer Clark and Kate Van Horn of wellness experience company B+YND say that wellness is not one-size-fits-all. "You don't have to be into every single wellness trend to be healthy – and we get that," they say. "We craft a day full of options, so you can choose the path that works for you, whether that means getting the basics on how to launch your own business or learning how to harness the power of crystals." Tickets can be purchased at thegoodfest.com.



HOT TREND ALERT

The Swedish Way of Living

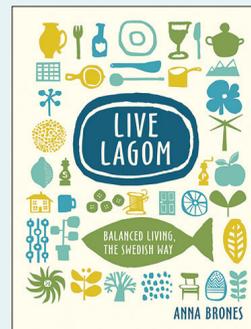
LIVE LAGOM

Hot off the heels of *hygge* comes *lagom*, which translates to "just right," or the Swedish way of living your life with balance and harmony. In *Live Lagom: Balanced Living, the Swedish Way*, you'll learn the basics of living with not too much and not too little.

WHAT TO EXPECT: In addition to the mouthwatering recipes, which consist of balanced dishes full of whole grains, dairy, fish and vegetables, you'll learn how to slow down and savor every moment, whether it's savoring that last sliver of cake for dessert or enjoying a coffee break (or what the Swedes call *fika*).

THE BENEFITS: From fostering a healthy work-life balance to preparing simple, wholesome recipes such as Beetroot, Lentil and Feta Salad or a Pear and Cardamom Compote, *Live Lagom* is an inspiring reminder to be happy with what you have and to live with purpose to improve not only yourself, but the world around you.

By Anna Brones (\$16, Ten Speed Press)



FOOD PHARMACY

In *Food Pharmacy: Guide to Gut Bacteria, Anti-Inflammatory Foods, and Eating for Health*, the Scandinavian approach to healthy eating comes stateside.

WHO: The curators behind the popular Swedish blog of the same name, Lina Nertby Aurell and Mia Clase, use their combined expertise plus the advice of gut-health research scientist Professor Stig Bengmark. **MAKING HEALTH ACCESSIBLE:** The book decodes anti-inflammatory foods, "good" and "bad" fats and gut health in a way that is easy to understand and informative. Touted as the "prescription diet you will never overdose on,"

Food Pharmacy also includes many health-promoting recipes that range from a luscious golden milk to vegetable-based dishes such as a cold potato salad with prebiotic Jerusalem artichokes. By Lina Nertby Aurell & Mia Clase (\$25, Skyhorse Publishing)

