U.S.News & WORLD REPORT

2026 Health and Nutrition Survey Report Published Today!

I'm honored to serve as one of the 58th health professionals on the U.S. News & World Report Expert Panel.

Swipe for the key trends highlights and link to whole report in bio.



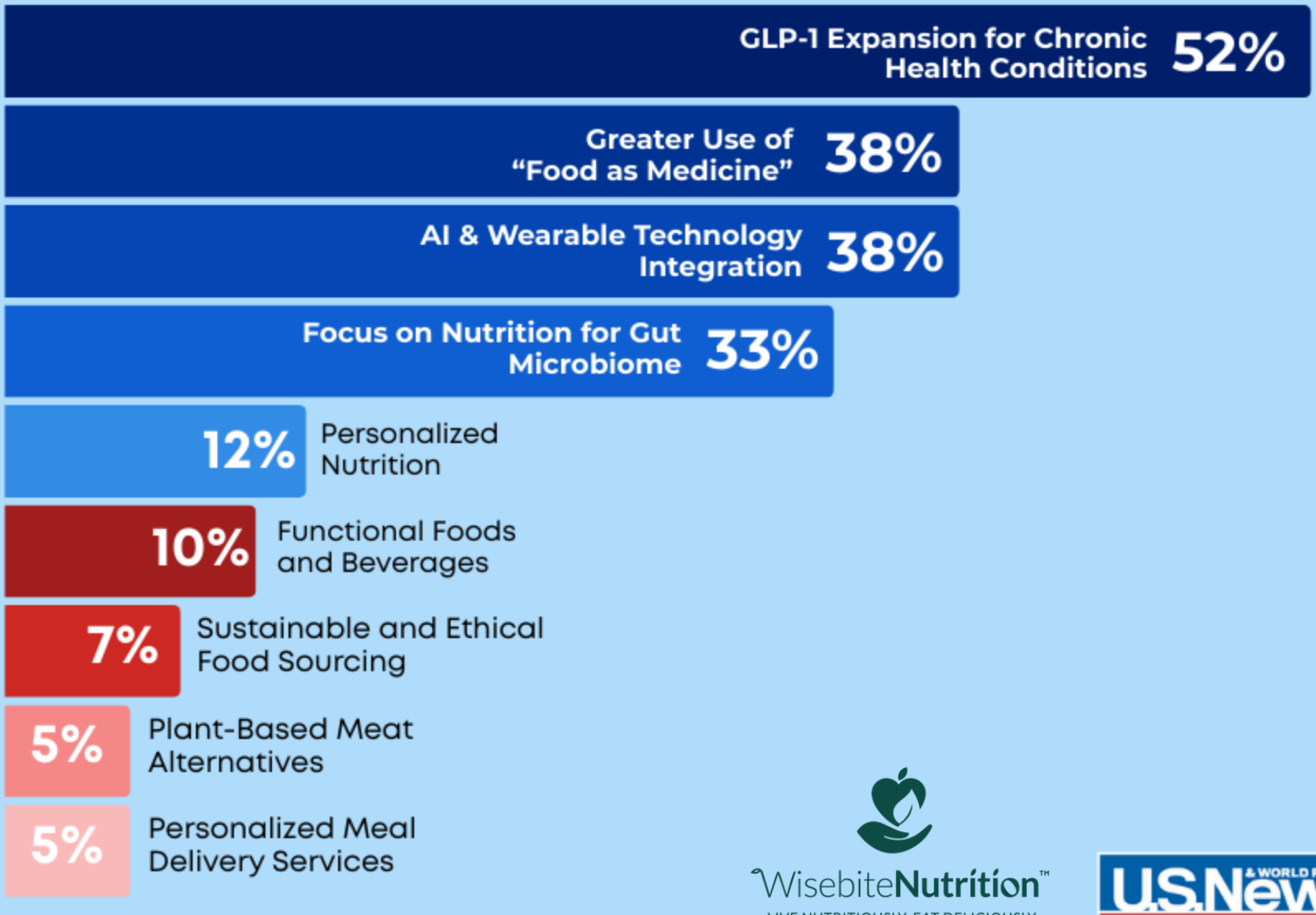
WisebiteNutrition™

LIVE NUTRITIOUSLY. EAT DELICIOUSLY

2026 Top Health Trends

from U.S. News & World Report Expert Panelists

1. GLP-1 expansion for chronic health conditions
2. Greater use of “Food as Medicine”
2. AI and wearable technology integration



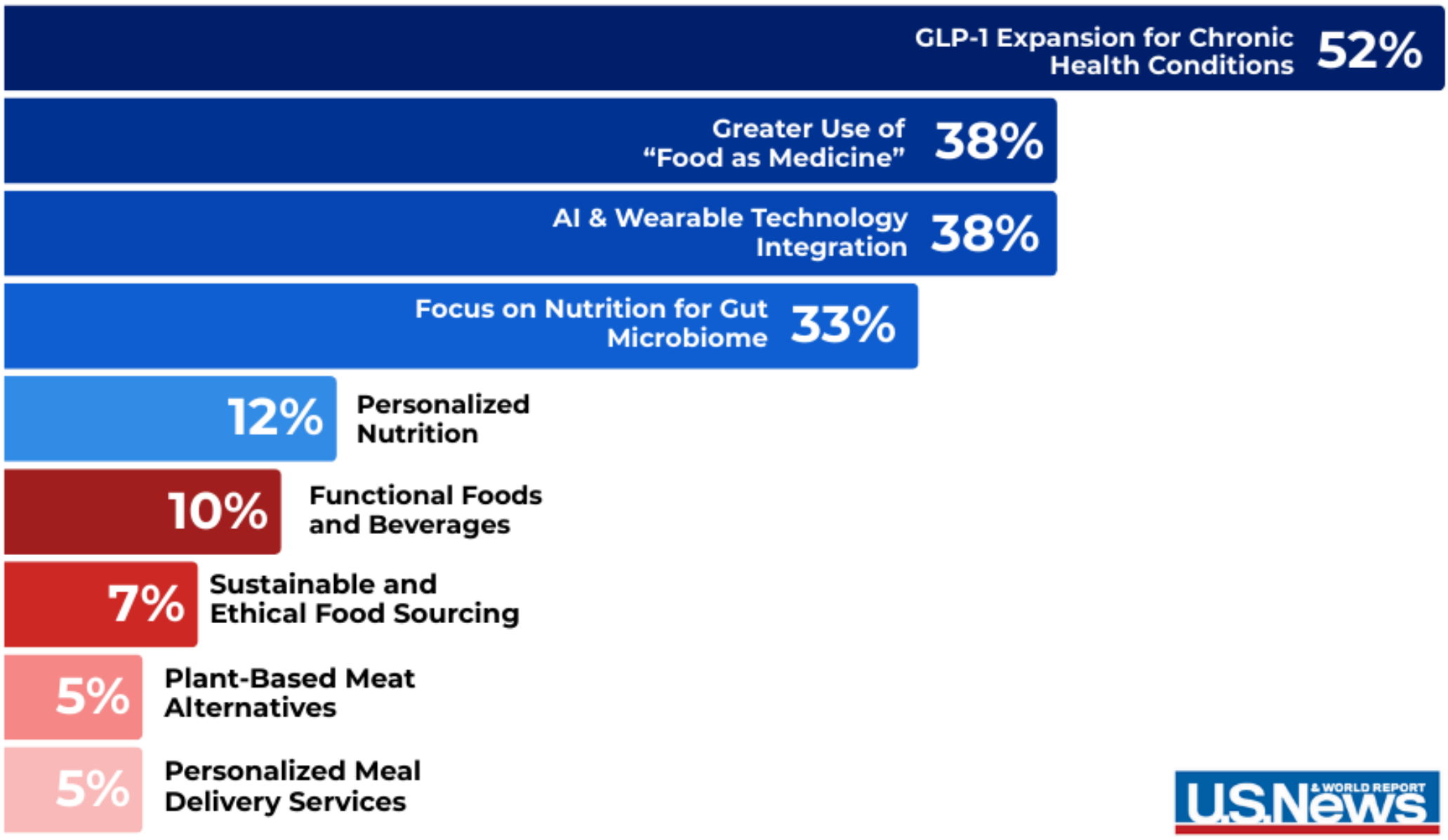
WisebiteNutrition™
LIVE NUTRITIOUSLY. EAT DELICIOUSLY

U.S.News & WORLD REPORT

Visit health.usnews.com for the full survey.

2026 Health Trends from U.S. News & World Report Expert Panelists

Percentage of experts who selected each option as one of two choices for the top health trend of 2026.



2026 Health Trends from U.S. News & World Report Expert Panelists

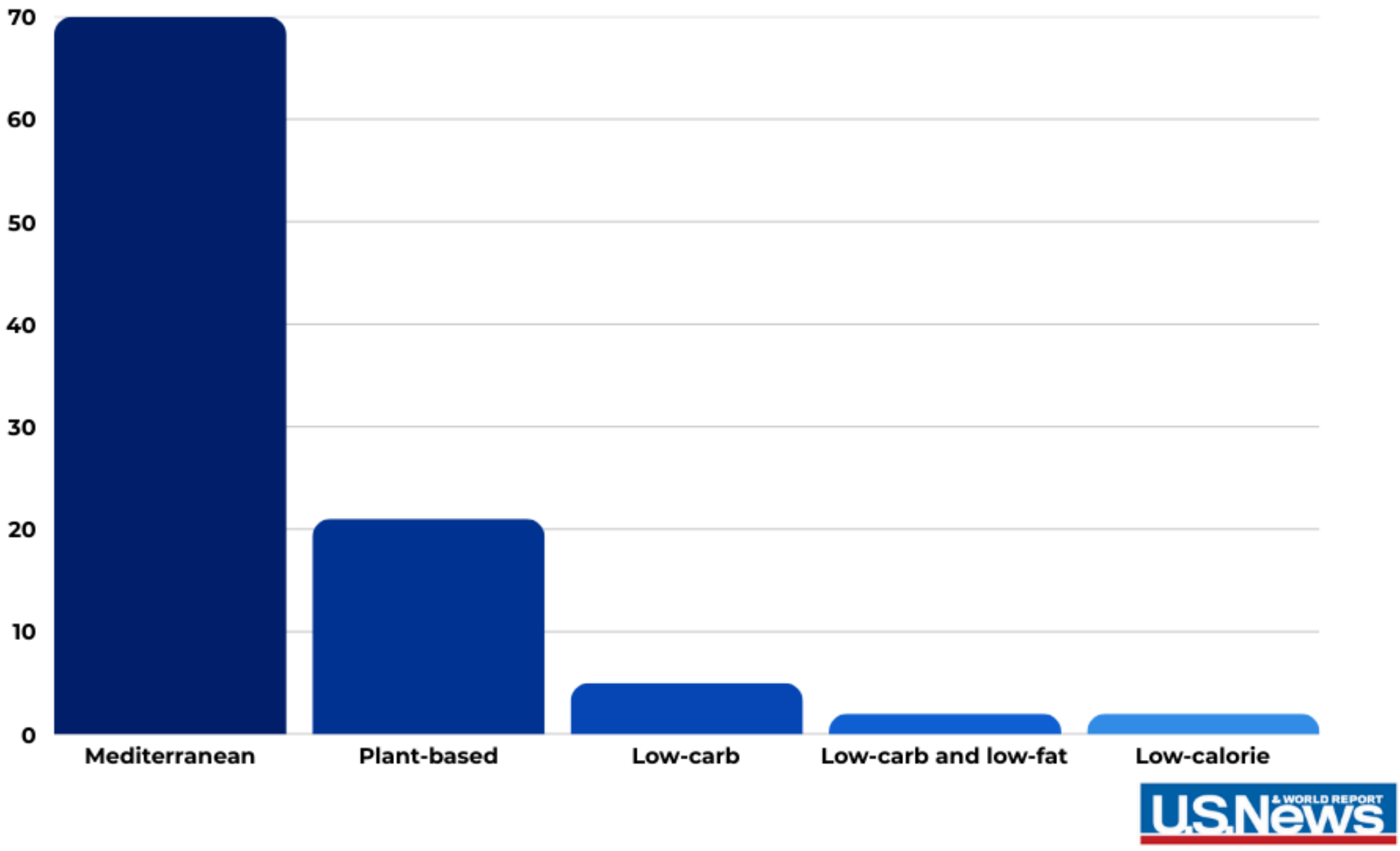
What single nutrition recommendation would you say is the most important for reducing chronic disease?

Increasing fiber intake to reduce risk of colorectal cancers, promote digestive health and aid in weight management	38%
Increasing antioxidant/anti-inflammatory food intake to reduce chronic inflammation	16%
Minimizing intake of added sugars due to links to obesity, Type 2 diabetes and CVD	16%

U.S.News & WORLD REPORT

2026 Health Trends from U.S. News & World Report Expert Panelists

What single nutrition recommendation would you say is the most important for reducing chronic disease?





U.S. News & WORLD REPORT

From my perspective as an RDN, wearable devices like continuous glucose monitors (CGMs) and Oura rings offer an unmatched advantage

Raksha Shah MA RDN

https://lnkd.in/eR6JaA4s