

# Wellness Redefined: Healthy Eating in a Post-Coronavirus World

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## Abstracts

The emergence of the Coronavirus (COVID-19) pandemic has boosted consumer interest in being healthy. New habits around preventative health including immunity-boosting and mental wellbeing are set to play an even greater role in the pursuit of an optimal holistic state of wellbeing. The current climate has also reinforced a back-to-basics approach where affordability, safety and localism become more important than ever to meet the demands of a more empowered and educated consumer.

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