

 Like 16.3M

Sunday, Jan 12th 2020

Daily Mail

AUSTRALIA

[Home](#) | [U.K.](#) | [U.S.](#) | [News](#) | [World News](#) | [Sport](#) | [TV&Showbiz](#) | [Femail](#) | [Health](#) | [Science](#) | [Weather](#)[Latest Headlines](#) | [Meghan Markle](#) | [Fashion Finder](#) | [Kate Middleton](#) | [Kylie Jenner](#) | [Food](#) | [Shopping](#) | [Parenting Blog](#)

Revealed: The key diet trend predictions for 2020 - including plant-based 'everything', banana flour and pastas made from legumes



- A registered nutritionist has revealed her diet trend predictions for 2020
- She says the focus will be around the ongoing fascination with plant-based food
- Alternative flours, alcohol-free drinks and meat-plant blends will also be a hit

By [LAURA HOUSE FOR DAILY MAIL AUSTRALIA](#)**PUBLISHED:** 16:25 AEDT, 16 December 2019 | **UPDATED:** 18:38 AEDT, 16 December 2019**149**
shares**196**
[View comments](#)

While 2019 was all about kombucha, hemp seeds and 'moon' milk, these are all set to take a back seat in 2020 in favour of plant-based whole foods and stone-ground ancient grains.

'Without doubt the focus of 2020 will be our ongoing fascination with plant-based foods (particularly plant-based proteins) and a continued uptake and popularity of plant-based diets,' Australian registered nutritionist, Kristen Beck, told FEMAIL.

'Whether you decide to go completely vegan or just incorporate more plant-based meals into your diet (flexitarian) the vital importance plants in our diet both in terms of our health and the wellbeing of the planet will form the basis of our food and nutrition trends this year.'



+9

'Without doubt the focus of 2020 will be our ongoing fascination with plant-based foods and a continued uptake and popularity of plant-based diets,' Australian registered nutritionist, Kristen Beck (pictured) told FEMAIL

DON

► 'Child
show!'
and Ry
late-ni
I'm A C
sparks

► Nicol
off her
physic
bikini :
beach
Keith l

► 'We c
Home
Todd L
longtir
Wilcox
Valley
cerem

► The c
Prince
Cressi
strollir
Nottin
for her
White

► Phoe
beams
steps

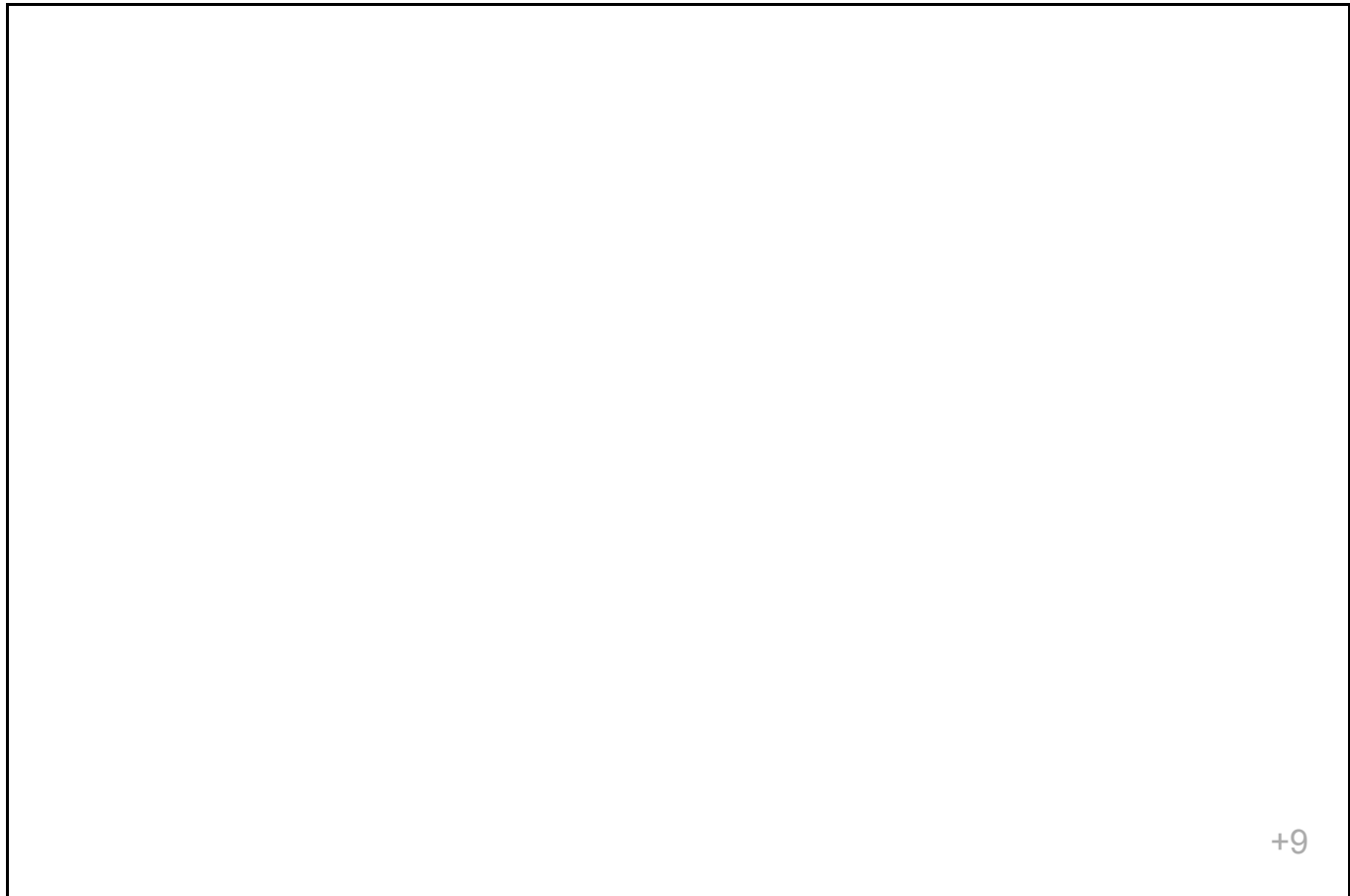
PLANT-BASED WHOLEFOODS

'Plant-based' is no new concept, but there are more people than ever opting for minimally processed wholegrains and legumes in their diets.

'Plant-based diets will reign supreme in 2020 because eating more plants is good for our health and the planet,' Ms Beck said.

'Westernised countries eat way too much meat, but not everything plant-based is necessarily healthy.

'The best plant-based diets are mainly composed of vegetables, fruit, beans and legumes, nuts and seeds and moderate amount of wholegrains.'



'Plant-based' is no new concept, but there are more people than ever opting for minimally processed wholegrains and legumes in their diets

What are other key diet trend predictions for 2020?

Poppy
one, ir
after s
home
husba

► 'My b
long-s
USA ri
afford
make
Aussie
Timez
SPON:

► 'Can
I'm A C
Brown
Nikki C
a NAK
photos
Raising
bushfir

► The I
Saoirs
on-scr
Jack L
be MO
movie
stroll I

► 'My f
get we
Cyrus
tribute
Cody
sendir
Austra

► WIN
opinio
and be
about
in our
only F

► It's n
like! G
poses
phallic
his dre
can yo
used f

predictions for 2020:

Alcohol-free drinks

There is a rise in consumers seeking 'unique non-alcoholic' alternatives for their beverages, calling it 'zero-proof drinks'.

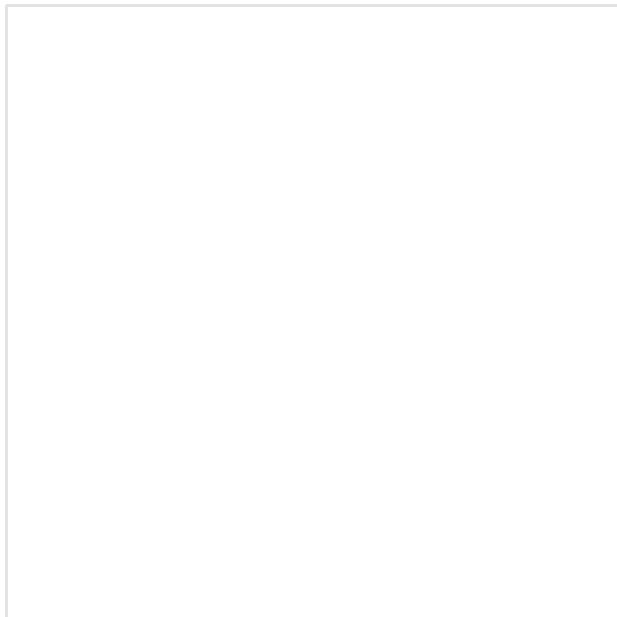
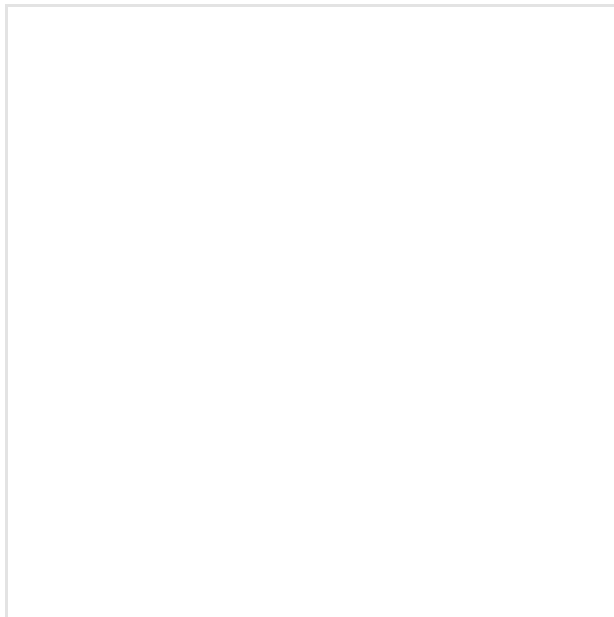
This trend offers an alternative for people at events or parties who are seeking an alcohol-free alternative to any drink on the bar cart.

Nut butter and unique spreads

Nut butter previously dominated the market with almonds and peanuts reigning as the top ingredients.

But now growth is anticipated in the market to more obscure nuts and seeds, including watermelon seed butter and pumpkin seed butter.

These spreads offer up more options for people who are keto and vegan so they can use the items on foods like crackers, vegetables, and toast.



Nut butter previously dominated the market with almonds and peanuts reigning as the top ingredients

Meat-plant blends

Brands focused on meats are able to add their own mark in the plant-based trend by incorporating organic, healthy ingredients into their own products to appease health-conscious consumers.

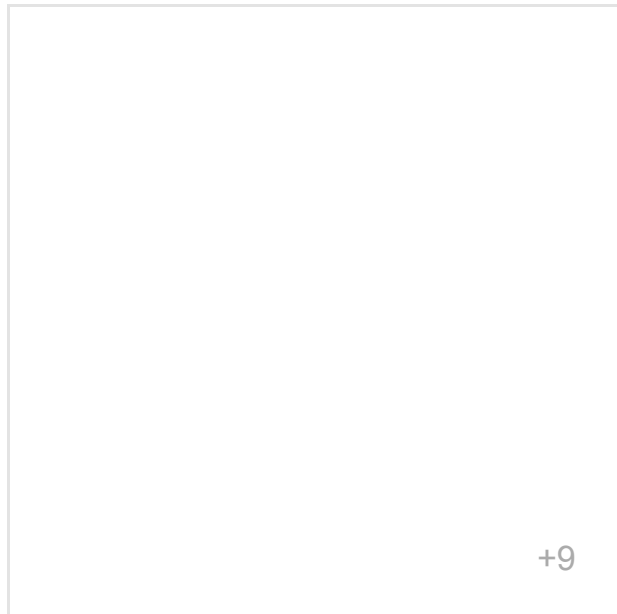
► Would
to date
Unluc
contes
thems
Austra
relief

► Kylie
shade
sungla
grabs
grey s
lace-u
Corey

► It's re
and Pl
sell th
Marou
for \$5r
month

NOT-SO-SIMPLE sugars

Items like pomegranate molasses and sweet potato nectar could be a new healthy way for people to sweeten their baked goods and other foods next year without using the standard simple sugars.



Items like pomegranate molasses and sweet potato nectar could be a new healthy way for people to sweeten their baked goods and other foods next year without using the standard simple sugars



STONE-GROUND ANCIENT GRAINS

The addition of quinoa into almost every food over the past five years or so has been great for the health of Australians - but foodies are now looking for more variety.

'As we look to increase our dietary variety ancient grains like farro, spelt, millet, bulger and teff can be great addition to our diets as they are nutrient-dense, high in fibre, and linked to health benefits including reducing cholesterol and lowering risk of stroke, heart disease, and type 2 diabetes,' Ms Beck said.

'Breads and wholegrain products made from stone-ground flours will continue to rise in popularity as we continue to develop our understanding of how not just the grain, but how it is processed impacts on our health (particularly our gut health).

'Mother Stone Multi-Grain Stone Baked Bread is a great new option.'

► Julie with a minisk
Vuitton joins c
David Portse
The Mi

► Gwyn outdoor
lists v
candle
they're

► Puck Australia
lovebi
and To
the PD
Polo C
Polo

► Khloé looks
bombs
out in
jeans
up

► Meghan 'spark
Prince
Beckh
suspici
was le
about

► You'r
MTV A
season
'strugg
names
stars
and Ky

► Victor model
reveal:
glimps
and ur
poses
bikini

ADVER

+9

The addition of quinoa into almost every food over the past five years or so has been great for the health of Australians - but foodies are now looking for more variety

PLANT-BASED 'EVERYTHING'

Over the past few months, supermarkets have launched all kinds of new plant-based foods - from lasagnes and sausages to cheese and 'meat' pies.

'As plant-based foods and diets continue to grow in popularity, more and more plant-based and vegan-friendly processed and packaged foods will hit our supermarket shelves,' Ms Beck said.'

'And while this might all seem very exciting and healthy, just because a product is 'plant-based' doesn't actually mean it's healthy.

'Many new snack foods, meat-alternatives, non-dairy milks and processed foods contain significant levels of highly processed vegetable oils.

'Consumers should opt for options that use only whole food plant ingredients, such as Eimele's range of meals and snack bars, which include no artificial flavours, sweeteners or refined sugars and no-GMOs.'

► Is this move...
Callah...
her re...
as she...
heads...
bale o...

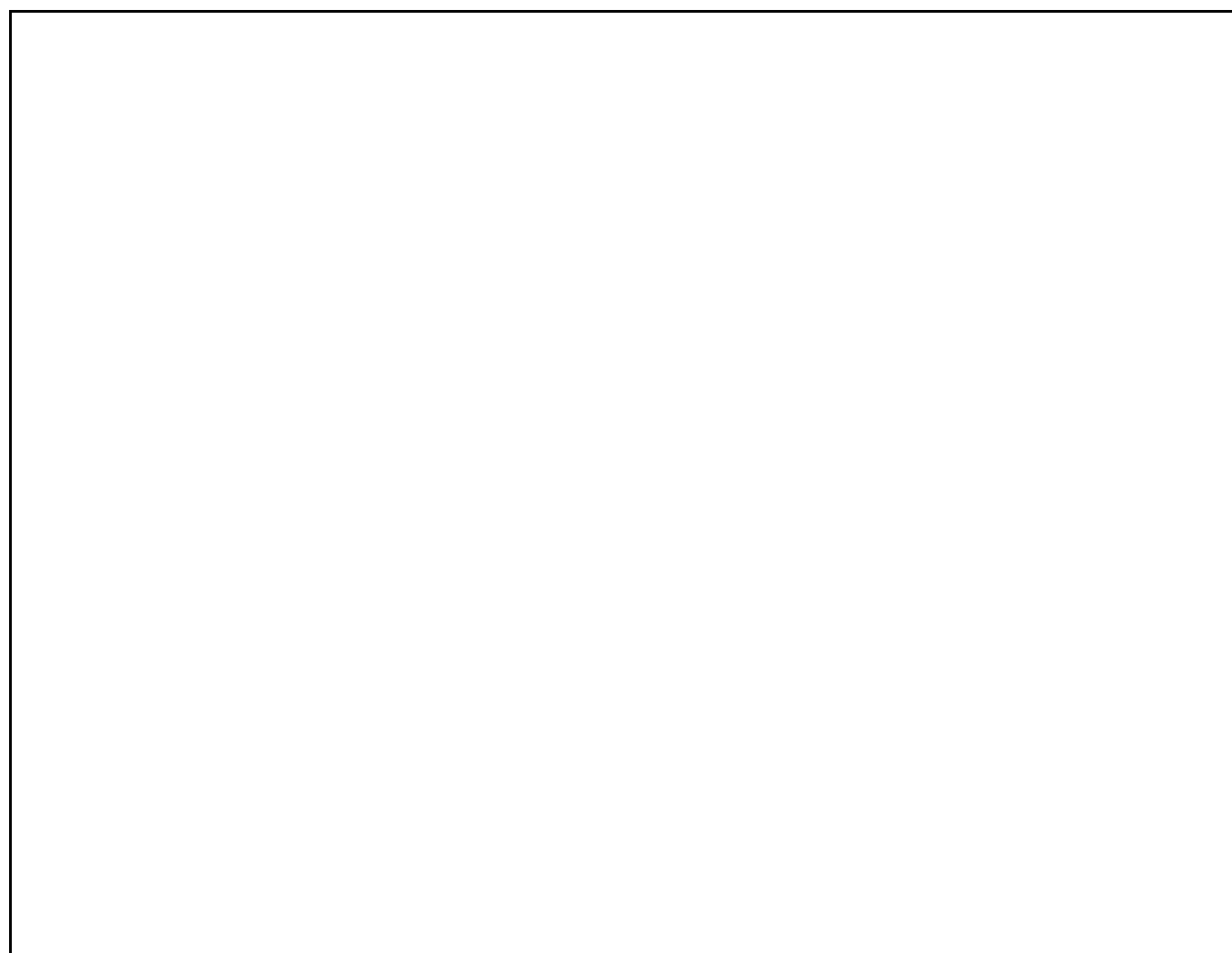
► 'Look...
my f**...
Jessik...
involv...
elderly...
she w...
from h...

► Eva L...
up in a...
shopp...
Hills w...
husba...
and sc...



+9

Over the past few months, supermarkets have launched all kinds of new plant-based foods - from lasagnes and sausages to cheese and 'meat' pies



► [Katy profile](#)
[shopp](#)
[coffee](#)
[Hollyw](#)

► [Kim I](#)
[flashe](#)
[cleava](#)
[photo](#)
[newbo](#)

► [Haile](#)
[Bieber](#)
[to-toe](#)
[shopp](#)
[after r](#)
[with L](#)

► [Mattl](#)
[McCor](#)
[dappe](#)
[as wife](#)
[bundle](#)
[duster](#)
[Gentle](#)

► [Rita \(](#)
[figure](#)
[cami a](#)
[she he](#)
[hotel f](#)
[Miami](#)

► [Rock](#)
[cause!](#)
[Sultan](#)
[Polish](#)
[crowd](#)
[bushfi](#)

► [Crow](#)
[as The](#)
[Watkir](#)
[surpri](#)
[stage](#)
[her su](#)
[move i](#)

[ADVER](#)

+9

'Consumers should opt for options that use only whole food plant ingredients, such as Eimele's (pictured) range of meals and snack bars, which include no artificial flavours, sweeteners or refined sugars and no-GMOs,' she said

SUSTAINABLE & REGENERATIVE AGRICULTURE

'Regenerative Agriculture was the buzzword of 2019,' Ms Beck said.

'And our interest in this approach to food and farming techniques focusing on soil regeneration, biodiversity and the holistic management of farms will continue as farmers, scientists and consumers continue to pay attention to how land use could improve the environment and help fight climate change.

'Expect to see more brands using regenerative practices.'

What is regenerative agriculture?

Regenerative Agriculture is a system of farming principles and practices that increases biodiversity, enriches soils, improves watersheds, and enhances ecosystem services. It's guided by four principles: Improving soil and water systems, making holistic decisions, developing reciprocal relationships between stakeholders and continually growing and evolving farms and communities.



► [Vogue her bil winds! Barts.. Khloe promo shake:](#)

► [Rene Laura Lee Cu match as the style a For Gr](#)

► ['He ti James as the ne Bond'. suspe](#)

► Kris .
boss I
Farrah
classic
ThinkE
LA

► Belti
Jimmy
stage
Cold C
music
they c
Moon

+9

'Regenerative Agriculture was the buzzword of 2019,' Ms Beck said

ALTERNATIVE FLOURS

According to Ms Beck, the drive for innovative plant-based replacements for grains and increased interest in plant-based proteins will see more alternative flours made from fruits and vegetables appearing in supermarkets.

'Look out for banana flour and coconut flour for baking plus new innovations in packaged foods like legume-based dried pastas, chips and snacks,' she said.

'San Remo brand Pulse Pastas made from peas, lentils, chickpeas and borlotti beans is a good option, as it contains more protein and fibre than regular wheat pasta.'

► 'Ever
encou
Bomb
Kidma
she gi
Sunda
harass

► 'Not
I don't
Radio
Red S
the de
Samue
battle

► TALK
Can P
and he
about
Dara H

► Zara
eye-ca
and le
as she
husba
Magic
on the
Pretty i

► Fanc
here! E
Keira I
awkwa
ex-boy
Wood
Polo ir

► Jenn
Courte

+9

they're
Friend
dinner

'Look out for banana flour (pictured) and coconut flour for baking plus new innovations in packaged foods like legume-based dried pastas, chips and snacks,' she said

ADVERTISEMENT

► TALK
Prince
friend
Straub
five-be
his fia

Share or comment on this article: The five key diet trend predictions for 2020

149

shares

► Meg
conce
friend
marryi
she wa
to bag
RULE

The human Barbie takes off her makeup, and doctors have no...

Easyvoyage

► My w
Astoni
Prince
tout M
a Disn

Sponsored Links

Incredible \$99 Smartwatch is Taking Australia By Storm

eWatch

► AFL
looks
as he
sister'
his so
and He
debuti
with L

Chip And Joanna Share Photos Of Their Mansion, Wait Until You See Their Master Bath

Gadgettheory

Sponsored Links

ADVER

Blake Lively and husband Ryan Reynolds treat their daughters James, 5, and Inez, 3, to afternoon play date with Bradley Cooper's daughter Lea, 2, in New York

Blake Lively and Ryan Reynolds attend play date with daughters James and Inez at Bradley Cooper's NYC apartment where the actor was taking care of his two-year-old daughter Lea.

TV&Showbiz

At 84, Where Maggie Smith Lives Will Make You Especially Sad

The Financial Mag

Sponsored Links

The trip of a lifetime: Single dad, 35, reveals why he quit his lucrative corporate job to travel full-time with his autistic son in a caravan - and why he'll NEVER go back to a 9 to 5

Seven years ago Cameron Dubin, based in Queensland, was so stressed at work and struggling to parent a son with special needs that his boss paid for counselling sessions. Then, he quit.

Femail

The Best Retirement Villages in New South Wales (Might...

Retirement Living | Search Ads

Sponsored Links



Comments 196

Share what you think

Add your comment

Newest

Oldest

Best rated

Worst rated

View all

The comments below have not been moderated.



Loading...

View all

The views expressed in the contents above are those of our users and do not necessarily reflect the views of

► Dway
Johns
comec
Rock i
childh
Off the
creato
Khan

► 'I'm r
show!
hits ba
Singer
is Que

► 'I wol
phone
Austra
design
recalls
Kylie J
of his
carpet

► So TI
made
differe
45kg v
regime
Brazili
with h
the 'pc

► Megh
sneak
Vanco
mansi
flight
to Can

MailOnline.

We are no longer accepting comments on this article.

Cops searching Lil Wayne's plane after anonymous tip-off found a gold-plated gun, 'heroin, cocaine, ecstasy, pain killers, cough syrup used to make potent concoction Purple Drank and \$26,000 in...

Lil Wayne admitted to owning a gold-plated pistol found in his luggage when authorities searched his plane in Miami, Florida. A search warrant says suspected cocaine, heroin and cash was also found.

News

'Can you see my gut?' I'm A Celebrity's Billy Brownless, 52, and Nikki Osborne, 38, lead a NAKED calendar photoshoot in the jungle to raise money for the Australian bushfire victims

TV&Showbiz

Matthew McConaughey puts on a dapper display in navy as wife Camila Alves bundles up in chic duster after The Gentlemen screening in NYC

TV&Showbiz

Where Tom Selleck Lives At 74 Will Make You Especially Sad

Locksmith of Hearts

Sponsored Links

Renee Zellweger, Laura Dern and Jamie Lee Curtis hit a fashion high note in matching black dresses as they lead the red carpet style at AARP's Movies For Grownups Awards

► Bella in leopard
escapes the Do

► Will t
trashie
ever?
First S
groom
urinati
his we

► Imog
flaunts
curves
dress
boots
low-ke

► Marc
brides
Beatric
Middle
fiancé
Harry's
Bonas
in VEF
weddi

► 'I've
around
our liv
any m
William
'sadne
bond v

ADVERT

► Amy
says s
'positi
image
her en
after u

► Cind
casual
jeans
while
New Y
husba

The ladies all wore the fashion staple black while walking the red carpet at the Beverly Wilshire Hotel on Saturday. Renee flaunted her fabulous figure in a black frock that fell off the shoulders.

TV&Showbiz

This Tool Works Out Borrowing Power!

eChoice Home Loans

Take A Look At Who Judge Judy Is Married To Today

Like It Viral

Sponsored Links

► Hugh
appeal
as he i
airport
along
wife A
Eberst

► Dako
proves
perfec
and Cl
his son
the mo

► Justi
Hailey
mornin
in Wes
Hollyw
the sir
Lyme I

► A bu:
Island
stunne
Smith
Wynte
ample
join th
Portse

► Bank
shows
health
after 'v
health
booze,
2020'

► 'I jus
with th
At Firs
Wells
Meliss
bushfi

► Ashle
celebr
MILLIC
follow
the nu
bump

► Rita O'Connell
figure
vintag
bucket
return:
Miami

ADVER

► Gigi Hadid
stunni
mothe
wishes
Birthd

► Paris Hilton
new b
Reum
Instag
were s
at InSt
Globe:

► Karl Lagerfeld
MAFS
Kalifat
celebr
event i
which
bushfi

► 'She' is
weak,
spoilt
Eamor
he has
Megha
he was
calling

► Selen Gomez
the sh
and bl
Dolittle
Angele

► Blake Lively
Reyno
breakf
with th
girl

► Lend

power
Manu |
by the
Stefan
out at
marke
relief i

► Flore
looks :
dress :
dinner
Hollyw
boyfric

► Jenn
as she
her ice
Versac
sultry
Kenda

► Dua l
fashio
forest
duster
jeans :
coffee
New Y

ADVER

► Rapp
arrest
cocain
Miami.
after h

► 'Belie
Tina A
suppo
At Firs
'lonely

► 'This
Victori
tribute
friend
Ed Fili
dies a

► Rees
looks |
carrie

comes
while i
LA

► YouT
reveal:
boyfrie
new vi
easy w

► Caitly
shows
car to
casual
Angele

► Form
Bec Cl
growir
her br
after a
expect
child v
Dean \

► Sofia
sensat
a racy
blazer
heels f
pals in

► Love
stunne
discus
roman
Nathar
stuns
beige o
the Po

► Cher
figure
print d
Mabus
as aud
on The

ADVER

► Shar
helps :
Ozzy a

cane d
after tl
off 'de

► Kimb
showc
incred
plungi
she fr

► Tina
Poehlk
hosts
Golden
Ricky
aside

► Katie
beau k
back a
accus
Photo:
image:
sizzlin
showc
torso

► Miley
Cody
shirtle
totes f
a 'Prin
at the
show i

► Seler
she wa
new al
the las
single

► 'I hav
Seven
Felicity
discus
boob j
off her
YouTu

► 'It's k
relentl
Sebas
bushfi
zone' a

talents
for A-l

► Austi
woma
all smi
the arr
Million
called
Barber
amid t
funda

► Rebe
celebr
Jamie'
monta
throwt
welcor

ADVER'

► The I
Rita O
the Ch
after n
her a s

► Bella
over-s
dress
flirty d
boyfrie
Masco

► EDEI
Prince
Megha
set up
BEFOI
they w
have a
apply i

► A go
Tamm
a majo
malfur
strugg
curves
bikini

► BRIT
Nomin
Capak

runner
Billie E
Styles
shortli

► 'Whe
alone,
nature
kisses
under
She's b
work o
and Ho

► 'It's a
the hig
when I
Friend
Megha
about
NONE
jumpe

► Helen
makes
to wat
Faye T
perform
And Ti
panto

► Perri
casual
looks i
goes n
during
the ve

► Rita O
racy s
outfit a
storm
campa

ADVER

► Bren
daugh
out in
maxi d
Portse
star b
Rioli

► Kate
reveal:
mome
.....

told ne
num' (i
argum
discus

► Why
coat is
wardro
reveal:
'classi
as the
\$690 F
her co

► Lauri
showc
figure
swims
a beac
soaker
getawi

► Rita (i
neon g
dress :
her ac
daring
UPSID
shoe c
Miami

► Thon
a casu
low-ke
Nicole
after it
'pursu
YEAR!
her on
Celebr

► Kris :
the da
rocks :
with m
during

► Gary
transfe
Kane s
Herma
as he (i
set of
movie
Angel

► The f

Miles j
and Br
Jackso
bushfi
auctio
thems
money

► My K
winner
slams
reveal
want to
associ
brand

ADVER

► Ashle
off her
bump
her un
promo

► Kore
Park g
he dor
legenc
in Syd
donati
NSW F

EXCL
worko
her ch
'bulls*
NOTHI
Kristin
secret
figure

► Shar
she wa
about
assist
brave
buildir
pets a

► Salm
she wa
injure
attack
filming

► Russ
he ma
celebr
Globe
in the
sons...
award
with th

► Eva /
she's c
marrie
restori
name i
drama

► Conr
new gi
Hingst
at the
du Sol

► Kylie
lace up
front o
dollar
collect

► Lori I
her ey
she dr
just da
appeal
colleg
scand:

ADVER'

► Prop
Jonath
that ne
Desch
with hi
it's 've
give th

► Olivi:
her gy
bold re
compl
during
sunsh

► Mark

► **Mark**
rare bi
as he s
Beverl
In a tur
Mark V
hitting
on Frid

► **Tess:**
perfec
Thor: I
is seei
hotspo

► **Olivi:**
pulses
very si
posing
taking

► **Sieni**
her ha
hider
sparki
rumor:
diamo

► **Elton**
his 'di
his pa:
which
at peo

► **Amb:**
cozy in
while s
brace
LA aft
trip

► **Kany**
dappe
Yeezy
sneak
black l
Birken

► **Seth**
leaves
and si
TV de:
NBCU

ADVER

► **Suits
Secret
Shaik
plungi
trouse
show i**

► **Age-
Judd,
'collag
skin-ti
treatm
underg
'mouth
cheeks
So TH,**

► **Demi
her de
Grace
her hit
in the**

► **'We v
into ho
Reece
Wolf, f
match
they e
break
Londo**

► **Alexa
showc
washb
multic
and m
leggin
contin
two st**

► **'I'm r
Charli:
coy ov
relatio
she tal
Bomb:
and he**

► **Demi
perky
white
she lo**

bed fo
photos

► Billie
down i
for a s
before
the ho
as she
from h

► Jane
to con
binary
partici
Twitter

► Jordy
two si:
image:
YEAR
Khloe
beau 1

ADVER

► Opra
distan
Russe
#MeTo
after d
with th
says s
and su
accusi

► 'Pow
Celest
celebr
\$50MII
victim:

► Selm
dazzlir
right h
coffee
boyfri
after s
engag

► Kylie
heart-i
street
along

messa
life'

► Millie
15, 'is
Englar
rugby
Robin:
17'

► Kevin
Schoo
light fr
pilot o
adapta

► 'You'
life': F
shares
to her
Willis :
her 30

► 'Gue:
preser
she sh
throwt
hersel
dress :
can YC
it is?

► Sofia
her gy
leggin
grey s
shopp
in Bev

► 'Aust
for ou
Oakley
GoFur
bushfi
friend
and dc

► Sing
cuts a
black i
joins t
McLec
star B
Cirque
- - - - -

[open in](#)

► [Heatl
daugh
shares
photo
inches](#)

► [Kim I
her lor
back in
the tra
made l
as she](#)

► [Megh
Prince
picture
visit to
four d:
appeal
PR sal
the Ro](#)

► [Char
an anc
look in
steps
LA... a
as pot
Weins](#)

► [Chris
casual
and je:
up sor
to go](#)

► ['It jus
one tra
anothe
hopes
make j
dance'
volunt
Melbo](#)

► [Seler
encou
Schun
strugg
throug](#)

► 'I've l
Adele
incred
with fa
contin
getaw:
Styles

► 'Jenn
stunne
co-sta
she wa
the ac
perform
gave h

► Chan
Phylar
ripped
goes s
top an
botton
Phylan

EXCL
Miller |
Actres
specul
be set
Zwirne
steps
dazzlin

► Legs
Rebec
her trii
slende
croche
after r
secret
appeal

► Little
World
Audre
son B
thrille
four!'

► Matt
McCor
streets
teddy
Camila
Show

► Justi

practic
moves
studio
Gome:
album
to tras

► How
Markle
incred
wardro
reveal:
has we
worth
marryi

► Brad
every |
as he l
Lea or
as he i
time si
credite
sobrie

► Kaia
rare cl
provin
a fashi
boyfrie
Davids
during
Rande

► Rita (
awkwa
misha
canary
which
breeze
nothin
imagir

► Holly
Edd B
known
77 Sur
Greasi
natura

► He's
Phoen
police
Fire Di
DC as
Saranc
Sheen
climat

► Dua Lipa
her qu
creder
dragon
steps

► Kaia
model
pea co
jeans..
new ta
Presle

► Kate
shows
stems
as she
after d
involv
Gun K

► Justi
seen v
Biel fo
since l
Wainw
and su
apolog

► Seler
fairy g
colorfu
for Ra
her fir
FIVE y

► Yolar
flaunts
and to
pre-bir

► Cind
chic in
knee-l
fetche

► 'Thar
each d
happir

Trump
her 'lo
39th b
sharin
photos

► Tori S
picture
daugh
enorm
'Stella
broker

► Emily
mixes
pleasu
over-s
jeans a
for col
Sebas

► Jenn
Super
with fi
Rodrig
Khalec
ahead
perform

► Seler
to tras
on nev
give y
me, I k
could

► Jessi
set of
before
husba
41st bi

► Demi
Emilio
he is c
for his
hits Th
and St

► Drew
warm
coat a
while c
New Y

► **Beyoncé
Reese
bottle
Golden
and in
note**
The tas

► **Jacki
sends
with h
feed...
as Syl
nails F
and ex
eccent**

► **Opra
report:
Megha
Prince
their p
memb
Family
need r**

► **Elyse
her he
her iPl
a bicyc
as her
boyfrie
jogs al
Use yo**

EXCL
**sex, 'h
strain
NO MC
Cavall
holds-
into he
Cutler**

► **Sofia
hilario
her 'In
Joe M:
claims
picture
jeans i**

► **Drake
a \$1M
diamo
that h:
carats
heart-s**

► **Susa
suffers
precio
after 1
compa**

► **Dotir
Stallor
happie
outing
with hi
daugh
Sly's b**

► **One |
Hembr
impos
and an
skimp
Saski
collect**

► **'I got
him': E
Bradle
helpin
his bal
addict**

► **Cate
a bold
statem
brown
and ro
sungla
touche
airpor**

► **Kour
daugh
model
coat w
time w
but the
only o**

► **'We l
alread
Michel
she is
first cl
with N
Jonnie**

► **MAF:**
reignit
ex Dav
slamm
Celebr
the las
The ult

► **Boy (**
'ridicu
claims
that u
prefer
pronoi
form o
seekin

► **'They**
waited
retired
Osbou
Megha
timed
'disres
to step
royals

► **Bella**
steam
Ava Ci
debut
Somet
The ac
the 19-
singer'
the vid
release

► **Reve**
buyer
Shane
green
\$1MILI
procee
bushfi

► **'So h**
people
togeth
Goodr
music
bushfi
Let It F

► **Fami**
Edgerl
figure
directo
for the
the Ke
screer

...
He's m
himself
an act

► Lizzo
encou
thems
their b
after c
Jillian
contro
about

► Khlo
'so in l
'never
with a
gifted

► Amer
star Hi
27: Au
Neighl
Badler
after 'a
menta
Such a

► Blac
tank to
with g
Khloe
to help
full cu

► 'Pow
making
chang
joins C
she pr
comec
bushfi

► Isla F
with Ji
movie
stream
a fairy

► 'My f
Big Br
Clark l
awake
to the
action
chang

Anyti



MOR

► **WAG**
annou
from h
candle
bushfi

► **Prett**
Erin H
Dundo
as the
celebr
Moët F
Lunch
Coast

► **'Frida**
Marrie
Jessik
cockta
after b
for kid

► **'So fi**
Maria
the mc
off in I
in an a
dresse
ensem

► **Miley**
boyfri
Simps
vintag
his 23i

► **Taron**
he reg
John f
went u
Best A
Rocke
Golde

ORDER

► Cand
flaunts
denim
jugglin
daugh
shopp
Mum's

► Gem
suspe
an inte
films 1
Game
Kit Ha

► April
flashe
jugglin
in sas

► Rod :
his da
celebr
with w
Lanca
singer
charge
securi

EXCL
Kristin
she wa
tired' t
show..
'the w
on the
doesn'
room'

► Victo
strikes
busine
ensem
return:
followi
break.
her VE
mornin

► 'I trie
eggs a
for me
38, say
attemp

fertility
a 'toug

► 'She
Natalie
the se
flawles
she sh
results
facial

► 'Pete
squas
finishe
star bi
on Sto
explos
to mirt
from ti

► 'Plea
my ho
Austra
includ
Rosé a
Felix L
Chan s
the bu

► Aless
exhibi
superr
TINY b
downs
on the
raucou

► Kylie
curvac
clingir
family
Malibu

► Harry
his fav
on a w
confes
pleasu
to 1D s
hilario

► The C
Victori
Harvey
visited
'look h
before

before
scene
she'd l
talent

► Jord
stops
autogr
Hollyw
date...
And Fi
wrapp

► Melai
looks
cropp
harem
runs e
Angele

► 'They
it!' Ad
Love I:
produ
his inf
haircu
He was
mocke
Austral
quirky

► Larry
estran
South
Hills n
\$15.5n
divorc
contin

► Ama
chic in
and tw
sexy tl
leaves
studio

► 'I've
contro
Katon:
toned
lingeri
contro
loss ja
her bo

► Ed S
Elton
are tip
Sound

Search
in aid of
victim:

► 'That
sex we
Suzan
her fra
SEX IN
opens
contro
photo
mark f

► Madi
a glim
abs as
crop to
leggin
out for

► Form
First S
Norris
MRI af
myster

► Chlo
little to
sports
throws
kickbo
Thaila
ex-boy
Gowla

► Chan
into pa
to cele
of her
collect
public
Diplo

► Halse
into le
shorts
up on
sultry
Sad m

► Rach
over h
while c
day sh
husha

...
in Los

► Dua l
eye in
as she
JFK ai
roman
with b

► Critic
Assoc
plant-k
2020...
Phoen
the Go
100% V
Next up

► Kim I
trend i
while j
sisters
Jenne
at cele
Dining
Kardas

► Jenn
heads
pink tu
purple
slouch
set of
Yes D

► A sec
roman
Farrug
the UK
Island
find lo
Austra

► Seler
with gl
as she
releas
album
like it'

► Britn
proudl
figure
slither
patter
Instag

► **Megh**
best fr
co-sta
is see
since l
erupte

► **Dave**
Langb
reunit
in MOI
prepar
Italy w
Longtir

EXCL
Mone l
import
time w
and ac
used t

► **Ben /**
work v
Armas
resum
in New
holida

► **Gogg**
Lee an
they've
grandj
first tir
on nev
grand
'Pa's g

► **Rapp**
Weebi
with D
42 in h
Orlean
'Our Ci
same v
and his

► **Heav**
Nicole
compl
Zion's
cake a
birthd
sister
Back a

► **Russ**
off his
fire tru
emera

to batt
Rusty's

► Trans
star Ol
reveal:
learne
replac
'There
of the t

► Brait
fiancé
reveal:
planni
as she
glamo
gowns
'Can't v

► Olivi:
low-cu
she le:
the Ho
Assoc

► Haile
bra-les
class :
Justin
Los An
That's

► El's I
gets te
divorc
Of Bev
Brend:
'Love a
two difi

► Watc
Live: A
kisses
Star of
from E

► Com
Henne
HERSI
challe
Celebr
her cle
while q
'I just v

► [Julia on the Laich is still weddin claims having After a](#)

► [RHO Franke Americ help b bushfi declar an 'int Bether](#)

► [Justi high s YouTu near U Lyme c diagnC Catchin self](#)

► [Lori l daugh looks c steps c Jackse in LA](#)

► [RuPa a red v while T on a b black c the AJ premie](#)

► [Very Cutler Cavall out wi over a involv](#)

► [Bindi releas into th treatex Wildlife](#)

► [Kelse heads skirt a](#)

**oots
in NYC**

► **Insid
Karda:
walk-in
the sta
her 'er
Six diff
WATER
and a f**

► **Save
back! |
Gosse
Mario
Elizab
brand
classi
The Be**

► **Gillia
admits
watch
with h
series
X-rate
first th
That m**

► **Vogu
Khloe
'disgra
promo
flat tur
the sal
buck'
'Shame**

► **Kim I
reveal:
handir
Dolce
Smeg
guests
Christi
Muma**

► **Love
Piper f
her fig
bikini :
stuns
piece :
by the
before**

► **The 1
rock '8
as Alli
sports
Cullen**

real'
The To

► **Marri**
Jessik
down i
piece :
days a
to hos
She's r

► **Lizzo**
wild si
print to
perfor
after v
Melbo
amid t
Leopar

► **Goty**
Austra
Decad
global
That I
Ironic t

► **Marri**
Jules l
her da
reveal
behinc
loss
Jules' l

► **Chris**
smiles
the Ma
bushfi
Byron
brothe
Chris a

► **Karl** :
Today
Vo as :
VERY :
about
'Hems
'We are
meat!'

► **Crick**
Warne
surpas
at onli
raises
bushfi
That's

► **Victo**

shows
bikini |
straple
two-pi
up the
Bed ha

► **Elon
Grime:
ANOTI
photo
declar
'knock
Is she,**

Tod:

- **How
pou
becr
reve
of cl**
- **Revi
cont
Sub
sanc**
- **Thri
bud,
item
on a**
- **Five
inve
shou
VINI**
- **'I wa
who
duo
her '**
- **Brid
dres
her'
deer**
- **The
Wei
dow
she'
look**
- **MOF**

[Back to top](#)

[Home](#) | [U.K.](#) | [U.S.](#) | [News](#) | [World News](#)

[Sitemap](#) | [Archive](#) | [Video Archive](#)

[Contact us](#) | [How to complain](#) | [Lea](#)

