

Well+Good Featured on Live to Eat Podcast



Well+Good's Kate Spies: Thought Leader & Trend Forecaster

Live To Eat with Candace Nelson

Food

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Kate Spies is a health and wellness guru. Editor-in-chief of Well+Good, a leading lifestyle and news publication committed to health and wellness, Kate champions the brand's mission to create inclusive and accessible content for all. Presenting a journalistic perspective, Well+Good provides resources, tips, and expert-led events and panels to support a wellness-minded community. Kate has spent half of 2020 forecasting what wellness trends will shape 2021. From health, self care, beauty, fitness, and my favorite —food, Well+Good's annual trends report offers insight into what we'll see in our future (and let's just say 2021 is looking up). Tune in to this episode of Live to Eat as we chat about intuitive eating, upcycled foods, half-scratch meal kits, and supercharged seltzers.

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