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**New Trends for the New Year**

Fashion, Food and Lifestyle Trends in 2010

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**2010 Trends**

**2009: Pomegranate**

**2010: Coconut**

2009 was all about pomegranate, Buckingham said. And although that flavor will stay through 2010, she said that coconut will be next.



"Good Morning America" asked Jane Buckingham, founder of trend forecasting company Trendera, to tell us what's hot and what's not in 2010. (ABC News Photo Illustration)

Buckingham pointed to coconut-flavored water products, such as Zico, which are being called "nature's Gatorade."

"As people look to be health-conscious it is a good alternative," she said.

Coconut Lip Frosting from Philosophy and Coco Cacao 100, a combination of cacao and coconut water, are also becoming popular.

**2009: Social Networking**

**2010: Social Narrow Casting Sites**

Buckingham said that while Facebook is not going "out," the trend will change towards narrower communities which are based on

groups or geographic locations.

"People aren't going to want everything being broadcast to everyone. Because you don't want your boss to see where you partied on Saturday night...you don't want your grandma to see what your friends see," she said.

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Instead, Buckingham said applications like [Foursquare](#), which allows people to post their whereabouts via a cell phone so friends can meet them, will become more popular.

**2009: Exotic Dishes**

**2010: Comfort Food**

While dishes like sushi or exotic noodles will always be around, in 2010 Buckingham said people will stay home and munch on comfort foods such as macaroni and cheese.

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"Life is a struggle now and we want things we know we love," she said, adding "People want to go to back to basics."

**2009: Energy Drinks**

**2010: Relaxation Drinks**

Forget caffeine or stimulation – relaxation drinks will be the new trend in 2010.

"People feel so on edge...they are so stressed out the last thing they need is more energy, more stress in their life," Buckingham said, pointing to the rise of drinks such as iChill or Drank.

**2009: Green Products**

**2010: Green Lifestyles**

New lines of eco-friendly pots and pans, such as [Green Cooking Pots](#), eco-vacations and green weddings are all steps towards a green lifestyle.

Buckingham said in 2010 more people will be looking for ways to green their lives "because it's the right thing to do."

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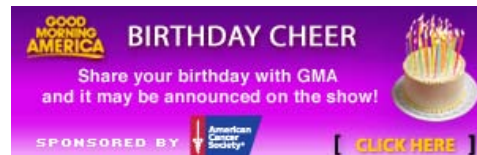
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plmyoga I bought a nail polish at Sephora it is called Matte Metro Chic made by OPI for Sephora it is very similar to the Chanel color.

*katomac99 Jan-1*

Yes - the energy counter - please post the name of it.

*b7507503 Jan-1*

i wish they would have put the word men in quotes - "men" - when speaking of wearing skinny jeans. real men don't wear skinny jeans. i don't think they're going to be wearing rolled up ones either.

*GoHexYourself Jan-1*

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