

3 Kitchen and Bath Trends for 2018



(Family Features)

When it’s time for a home remodel, specifically of a bathroom or kitchen, many homeowners turn to trendy looks as inspiration. Color, texture and material variance, like using different types of tile, lead the way in this year’s kitchen and bath trends.

To help amplify the look and appeal of your space, consider these tips from the experts at the National Association of the Remodeling Industry:

Try Different Shades

White is classic, crisp and always in style, while gray also provides a traditional look. Many designers pair white or gray cabinets, tile and wall color with a pop of color to add interest without overwhelming the space. There are many ways to introduce color, such as a bright island or items that are easily switched out like window treatments and artwork.

Combining different shades of white, gray and other neutral colors like beige is an effective way to create a warm and inviting space. One important note to consider when mixing these hues is that they need to be in the same color family. When incorporating white and gray, go for colors that have the same base - either yellow or blue. Mixing a yellow-gray with a blue-white can result in discord that may not “feel” right. A qualified remodeler who has experience in design can provide expert advice and guide the decision-making process to help avoid costly mistakes.

Consider Various Tile Types

Another popular treatment in kitchens and bathrooms is to use different types of tile and surface stone. Incorporating tile of different shapes and texture such as quartz, marble or granite can energize even the smallest space.

Scale provides another way to create interest. To achieve a mosaic feel, look for 1-by-1-foot tiles prepped on larger 12-by-12-foot sheets. Sometimes these sheets include a pre-defined pattern that can help simplify installation.

Pick Alternate Patterns

Tile options are available in many varieties, so it can be difficult to know where to start. Subway tile, a classic standby, can be invigorated by arranging the rectangular 3-by-6-inch shapes in patterns like herringbone or basket weave. This versatile tile can be used in both traditional kitchens and bathrooms as well as transitional or more contemporary spaces.

Many manufacturers now include textured tile, featuring patterns that carry the look of wood grain; tiles are also available in three-dimensional textures adding movement and interest with easy care. For example, using a variety of gray hues can create a relaxing and warm environment.

Find more trendy tips for home design at [NARI.org](#).

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Source: National Association of the Remodeling Industry



Rebalance Your Diet

(Family Features)

Striking a balance between work and home life, friends and family, and hobbies and errands can contribute to a healthy lifestyle. As you look to rebalance certain aspects of your life during the spring season, don’t forget to take your diet into consideration as well.

Including grain-based foods as part of a balanced diet - along with proper exercise - can be an essential part of living a healthier lifestyle and can provide numerous health benefits. In fact, the Dietary Guidelines for Americans recommend a 50-50 balance between whole and enriched grains per day for optimal health. Furthermore, research from the Grain Foods Foundation suggests whole and enriched grains supply a variety of key vitamins and minerals, like thiamin, niacin, riboflavin, zinc, selenium and magnesium, and important shortfall nutrients like dietary fiber, iron and folate.

Incorporating grains into meals throughout the day, including these under-500 calorie recipes for Grilled Cinnamon French Toast with Granola Crunch and Roast Beef and Arugula Sandwiches featuring whole and enriched grains, can aid in maintaining a healthy weight. Additional benefits of consuming grains include lowering cholesterol and supporting digestion, while also providing anti-inflammatory nutrients and fiber, which helps fight belly fat.

Find more nutritionist-developed, balanced and budget-friendly recipes for every meal at [grainfoodsfoundation.org](#).

Grilled Cinnamon French Toast with Granola Crunch

Recipe courtesy of Oroweat on behalf of the Grain Foods Foundation
Prep time: 20 minutes
Servings: 2

- 1/2 cup orange juice
- 1/4 cup light brown sugar
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 cup strawberries, sliced
- 1 banana, thinly sliced
- 3/4 cup milk
- 1 egg
- 1 teaspoon cinnamon
- 4 slices whole-grain nut bread
- 1/4 cup granola, for garnish

To make sauce: In saucepan, stir together orange juice, brown sugar, butter, vanilla, strawberries and banana. Simmer over medium heat 5-6 minutes, or until flavors have combined, stirring occasionally.



To make French toast: In shallow bowl, whisk together milk, egg and cinnamon. Dip slices of bread into milk mixture and cook 2 minutes on each side over medium heat on flat griddle or grill, or until golden brown.

Serve French toast with strawberry-banana sauce and top with granola.

Roast Beef and Arugula Sandwiches

Recipe courtesy of Roman Meal on behalf of the Grain Foods Foundation
Prep time: 5 minutes
Servings: 2

- 1 tablespoon low-fat mayonnaise
- 2 teaspoons horseradish
- 4 slices whole- or multi-grain bread, toasted
- 4 slices tomato
- 4 ounces lean roast beef, thinly sliced
- 1 cup arugula or wild greens

Spread mayonnaise and horseradish evenly over two bread slices.

Layer tomato, roast beef and arugula on top of mayonnaise and horseradish. Top with remaining slices of bread.

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Source: Grain Foods Foundation