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Editor-in-chief

THE GOURMET NUTRITION MAGAZINE

EAT BETTER - MOVE BETTER - HEALTHY

Vital Food helps its readers cultivate a happy lifestyle, backed by expert guidance.

Focusing on raw and natural products, Vital Food promotes healthy and balanced nutrition. With a modern and playful tone, the magazine combines the latest culinary trends with healthy recipes.

The wellness section complements the editorial line, offering tips to stay active and improve overall health.

PRINT	SOCIAL
42 K COPIES	100 K SOCIAL FOLLOWERS

Sources: ACPM OJD DFP 2025-2026, Kolsquare october 2026

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