

# Whole Grain and High Fiber Foods Industry Research Report 2024

<https://marketpublishers.com/r/W15443E26FA1EN.html>

Date: April 2024

Pages: 120

Price: US\$ 2,950.00 (Single User License)

ID: W15443E26FA1EN

## Abstracts

Whole grains contain the entire grain seed of a plant and are rich in dietary fiber, vitamins, and minerals. The difference between refined grains (such as refined wheat, white flour, and white rice) and whole grains (such as whole-wheat flour, barley, cornmeal, oats, and popcorn) is that a whole grain still contains the nutrient rich germ and the fiber rich bran. Refined grains go through a milling process that removes the bran and the germ, which eliminates most nutrients.

Fiber is a substance found in plants. Dietary fiber is found in fruits, vegetables, and grains. High fiber foods in this report contains legumes, nuts and seeds based foods and etc.

One of the major drivers for this market is the health benefits of whole grain and high fiber foods. Whole grain foods consist of all essential nutrients such as phytochemicals, fiber, selenium, potassium and magnesium. With several studies corroborating the health risks posed by excessive consumption of processed foods, consumers are increasingly including higher quantities of whole grain and fiber into their regular diet. Also growing awareness regarding health benefits offered by whole grains is encouraging the shift toward these foods. High fiber foods are also gaining from research studies highlighting the effectiveness of these foods in preventing and curing certain gastro-intestinal diseases and conditions.

Urbanization has prompted extensive changes in the ways of life and dietary habits of people across the globe. Obesity is a major concern in developed nations like the US, where a substantial portion of the population has the condition. In order to decrease the rising occurrences of such diseases, people have started adopting healthy lifestyles. In line with this, consumers in the US are becoming more conscious about their health and

fitness, and paying more attention to the nutritional content of the foods they consume. The health-conscious population base demands foods which have the optimal combination of essential nutrients. As such, the demand for whole grain foods is increasing owing to their high fiber content.

According to APO Research, the global Whole Grain and High Fiber Foods market was valued at US\$ million in 2023 and is anticipated to reach US\$ million by 2030, witnessing a CAGR of xx% during the forecast period 2024-2030.

Global Whole Grain and High Fiber Foods key players include Cargill and General Mills, etc. Global top 5 manufacturers hold a share about 19%. North America is the largest market, with a share about 37%, followed by Asia Pacific and Europe with the share about 31% and 29%.

## Report Scope

This report aims to provide a comprehensive presentation of the global market for Whole Grain and High Fiber Foods, with both quantitative and qualitative analysis, to help readers develop business/growth strategies, assess the market competitive situation, analyze their position in the current marketplace, and make informed business decisions regarding Whole Grain and High Fiber Foods.

The report will help the Whole Grain and High Fiber Foods manufacturers, new entrants, and industry chain related companies in this market with information on the revenues, sales volume, and average price for the overall market and the sub-segments across the different segments, by company, by Type, by Application, and by regions.

The Whole Grain and High Fiber Foods market size, estimations, and forecasts are provided in terms of sales volume (K MT) and revenue (\$ millions), considering 2023 as the base year, with history and forecast data for the period from 2019 to 2030. This report segments the global Whole Grain and High Fiber Foods market comprehensively. Regional market sizes, concerning products by Type, by Application, and by players, are also provided. For a more in-depth understanding of the market, the report provides profiles of the competitive landscape, key competitors, and their respective market ranks. The report also discusses technological trends and new product developments.

## Key Companies & Market Share Insights

In this section, the readers will gain an understanding of the key players competing.

This report has studied the key growth strategies, such as innovative trends and developments, intensification of product portfolio, mergers and acquisitions, collaborations, new product innovation, and geographical expansion, undertaken by these participants to maintain their presence. Apart from business strategies, the study includes current developments and key financials. The readers will also get access to the data related to global revenue, price, and sales by manufacturers for the period 2019-2024. This all-inclusive report will certainly serve the clients to stay updated and make effective decisions in their businesses. Some of the prominent players reviewed in the research report include:

Cargill

General Mills

Nestl? S.A.

Pepsico

Kellogg

Mondelez International

Flower Foods

Bob's Red Mill

Food for Life

Grupo Bimbo

Campbell

Aunt Millie

Aryzta

Nature's Path Foods

## Whole Grain and High Fiber Foods segment by Type

Baked Foods

Cereals

Snacks

Others

## Whole Grain and High Fiber Foods segment by Application

Supermarkets/hypermarkets

Online/e-Commerce

Other

## Whole Grain and High Fiber Foods Segment by Region

North America

U.S.

Canada

Europe

Germany

France

U.K.

Italy

Russia

Asia-Pacific

China

Japan

South Korea

India

Australia

China Taiwan

Indonesia

Thailand

Malaysia

Latin America

Mexico

Brazil

Argentina

Middle East & Africa

Turkey

Saudi Arabia

UAE

**Key Drivers & Barriers**

High-impact rendering factors and drivers have been studied in this report to aid the readers to understand the general development. Moreover, the report includes restraints and challenges that may act as stumbling blocks on the way of the players. This will assist the users to be attentive and make informed decisions related to business. Specialists have also laid their focus on the upcoming business prospects.

### Reasons to Buy This Report

1. This report will help the readers to understand the competition within the industries and strategies for the competitive environment to enhance the potential profit. The report also focuses on the competitive landscape of the global Whole Grain and High Fiber Foods market, and introduces in detail the market share, industry ranking, competitor ecosystem, market performance, new product development, operation situation, expansion, and acquisition. etc. of the main players, which helps the readers to identify the main competitors and deeply understand the competition pattern of the market.
2. This report will help stakeholders to understand the global industry status and trends of Whole Grain and High Fiber Foods and provides them with information on key market drivers, restraints, challenges, and opportunities.
3. This report will help stakeholders to understand competitors better and gain more insights to strengthen their position in their businesses. The competitive landscape section includes the market share and rank (in volume and value), competitor ecosystem, new product development, expansion, and acquisition.
4. This report stays updated with novel technology integration, features, and the latest developments in the market
5. This report helps stakeholders to gain insights into which regions to target globally
6. This report helps stakeholders to gain insights into the end-user perception concerning the adoption of Whole Grain and High Fiber Foods.
7. This report helps stakeholders to identify some of the key players in the market and understand their valuable contribution.

### Chapter Outline

Chapter 1: Research objectives, research methods, data sources, data cross-validation;

Chapter 2: Introduces the report scope of the report, executive summary of different market segments (by region, product type, application, etc), including the market size of each market segment, future development potential, and so on. It offers a high-level view of the current state of the market and its likely evolution in the short to mid-term, and long term.

Chapter 3: Detailed analysis of Whole Grain and High Fiber Foods manufacturers competitive landscape, price, production and value market share, latest development plan, merger, and acquisition information, etc.

Chapter 4: Provides profiles of key players, introducing the basic situation of the main companies in the market in detail, including product production/output, value, price, gross margin, product introduction, recent development, etc.

Chapter 5: Production/output, value of Whole Grain and High Fiber Foods by region/country. It provides a quantitative analysis of the market size and development potential of each region in the next six years.

Chapter 6: Consumption of Whole Grain and High Fiber Foods in regional level and country level. It provides a quantitative analysis of the market size and development potential of each region and its main countries and introduces the market development, future development prospects, market space, and production of each country in the world.

Chapter 7: Provides the analysis of various market segments by type, covering the market size and development potential of each market segment, to help readers find the blue ocean market in different market segments.

Chapter 8: Provides the analysis of various market segments by application, covering the market size and development potential of each market segment, to help readers find the blue ocean market in different downstream markets.

Chapter 9: Analysis of industrial chain, including the upstream and downstream of the industry.

Chapter 10: Introduces the market dynamics, latest developments of the market, the

driving factors and restrictive factors of the market, the challenges and risks faced by manufacturers in the industry, and the analysis of relevant policies in the industry.

Chapter 11: The main points and conclusions of the report.

Chapter 11: The main points and conclusions of the report.



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