

Global Low Glycemic Index Rice Market Size Study, By Variety (Basmati, Jasmine, Brown, Branded), By Application (Diabetes Management, Weight Management, Sports Nutrition, General Health and Wellness), By Packaging (Bulk, Branded, Retail), By Consumer Group (Diabetics, Pre-diabetics, Health-conscious Consumers, Fitness Enthusiasts), By Distribution Channel (Supermarkets/Hypermarkets, Online Retailers, Health Food Stores, Pharmacies), And Regional Forecasts 2022-2032

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Abstracts

The Global Low Glycemic Index (GI) Rice Market is valued at approximately USD 3.75 billion in 2023 and is anticipated to grow with a healthy CAGR of 5.4% over the forecast period 2024-2032. The market for low GI rice is witnessing significant growth due to increased consumer awareness regarding the benefits of glycemic control and the rising prevalence of chronic health conditions such as diabetes and obesity. Low GI rice, which digests more slowly and causes a gradual rise in blood sugar levels, has emerged as a staple for health-conscious individuals, diabetics, and fitness enthusiasts.

The increasing global incidence of diabetes is a major driver of this market. According to the International Diabetes Federation, over 60% of the world's diabetic population resides in Asia. Furthermore, the growing adoption of healthier diets focused on weight management, sports nutrition, and general wellness is enhancing demand for low GI rice varieties such as basmati, jasmine, and brown rice.

The market is witnessing advancements in farming techniques and rice production, particularly in Asia Pacific, where governments and research institutions are investing heavily to develop high-protein, low-glycemic rice varieties. For example, the International Rice Research Institute (IRRI) has spearheaded programs to enhance rice nutrition, while governments in India and China are promoting sustainable low GI rice production through research and partnerships.

In terms of distribution, online retailers are gaining a substantial share due to increased e-commerce adoption and the growing availability of specialty rice varieties. Supermarkets and health food stores also play a crucial role by offering visibility to these niche products.

Regionally, Asia Pacific dominates the global market, accounting for the largest share, driven by the widespread consumption of rice as a staple food. North America and Europe are also experiencing significant growth due to rising health awareness, particularly among diabetics and fitness-conscious consumers.

The Global Low GI Rice Market is expected to witness continuous growth due to factors such as technological innovation, evolving dietary habits, and increased global demand for healthier food options.

Major market players included in this report are:

Ricegrowers Limited

Nestiva

Chaman Lal Setia Exports Ltd.

SDLG Radiant Pvt. Ltd.

Sugar Watchers Low GI Staples

First Choice Food Products Pvt Ltd.

Parish Rice

The Little Rice Company

Siam Lotus

Cahokia

Kohinoor Foods Limited

LT Foods Limited

Sunstar Organics

Tilda Ltd

Daawat

The detailed segments and sub-segment of the market are explained below:

By Variety

Basmati

Jasmine

Brown

Branded

By Application

Diabetes Management

Weight Management

Sports Nutrition

General Health and Wellness

By Packaging

Bulk

Branded

Retail

By Consumer Group

Diabetics

Pre-diabetics

Health-conscious Consumers

Fitness Enthusiasts

By Distribution Channel

Supermarkets/Hypermarkets

Online Retailers

Health Food Stores

Pharmacies

By Region:

North America

U.S.

Canada

Mexico

Europe

Germany

U.K.

France

Spain

Italy

Asia Pacific

China

India

Japan

Australia

South America

Brazil

Argentina

Middle East & Africa

UAE

South Africa

Years Considered for the Study

Historical Year: 2022

Base Year: 2023

Forecast Period: 2024-2032

Key Takeaways:

Market Estimates & Forecast for 10 years from 2022 to 2032.

Annualized revenues and regional-level analysis for each market segment.

Detailed analysis of the geographical landscape with country-level data for key regions.

Competitive landscape with insights into major market players.

Analysis of growth factors, market dynamics, and trends.

Recommendations for business strategies and future market approaches.

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