

Global High Protein Instant Rice Market 2026 by Manufacturers, Regions, Type and Application, Forecast to 2032

<https://marketpublishers.com/r/G3585650BF92EN.html>

Date: July 2026

Pages: 109

Price: US\$ 3,480.00 (Single User License)

ID: G3585650BF92EN

Abstracts

According to our (Global Info Research) latest study, the global High Protein Instant Rice market size was valued at US\$ 121 million in 2025 and is forecast to a readjusted size of US\$ 183 million by 2032 with a CAGR of 4.5% during review period.

In 2025, global sales volume for high-protein instant rice is projected to reach approximately 59 million kilograms, with an average price of about \$2 per kilogram.

High-protein instant rice is a convenient staple food product that builds upon traditional instant rice by enhancing its protein content through processes such as grain blending, or the incorporation of legume proteins, whey proteins, plant-based proteins, or nutritional fortification techniques. Typically packaged in forms suitable for aseptic storage, microwave heating, or ambient-temperature preservation, these products cater to specific consumer needs related to fitness, blood sugar management, senior nutrition, and convenient dining. The upstream supply chain encompasses raw materials such as rice, legume proteins, and seasonings, as well as aseptic packaging and food preservation equipment; the downstream market primarily targets distribution channels and consumption scenarios including convenience stores, supermarkets, e-commerce platforms, fitness meal services, senior care meal programs, and home-based quick-meal occasions.

This report is a detailed and comprehensive analysis for global High Protein Instant Rice market. Both quantitative and qualitative analyses are presented by manufacturers, by region & country, by Type and by Application. As the market is constantly changing, this report explores the competition, supply and demand trends, as well as key factors that contribute to its changing demands across many markets.

Company profiles and product examples of selected competitors, along with market share estimates of some of the selected leaders for the year 2025, are provided.

Key Features:

Global High Protein Instant Rice market size and forecasts, in consumption value (\$ Million), sales quantity (kg), and average selling prices (US\$/kg), 2021-2032

Global High Protein Instant Rice market size and forecasts by region and country, in consumption value (\$ Million), sales quantity (kg), and average selling prices (US\$/kg), 2021-2032

Global High Protein Instant Rice market size and forecasts, by Type and by Application, in consumption value (\$ Million), sales quantity (kg), and average selling prices (US\$/kg), 2021-2032

Global High Protein Instant Rice market shares of main players, shipments in revenue (\$ Million), sales quantity (kg), and ASP (US\$/kg), 2021-2026

The Primary Objectives in This Report Are:

To determine the size of the total market opportunity of global and key countries

To assess the growth potential for High Protein Instant Rice

To forecast future growth in each product and end-use market

To assess competitive factors affecting the marketplace

This report profiles key players in the global High Protein Instant Rice market based on the following parameters - company overview, sales quantity, revenue, price, gross margin, product portfolio, geographical presence, and key developments. Key companies covered as a part of this study include Sato Foods (JP), TableMark (JP), Toyo Rice (JP), Nichirei Foods (JP), Ajinomoto (JP), Maruha Nichiro (JP), CJ CheilJedang (KR), Pulmuone (KR), Mars Food & Nutrition (US), Conagra Brands (US), etc.

This report also provides key insights about market drivers, restraints, opportunities,

new product launches or approvals.

Market Segmentation

High Protein Instant Rice market is split by Type and by Application. For the period 2021-2032, the growth among segments provides accurate calculations and forecasts for consumption value by Type, and by Application in terms of volume and value. This analysis can help you expand your business by targeting qualified niche markets.

Market segment by Type

Plain High-protein Rice

Mixed Grain High-protein Rice

Bean-protein Fortified Rice

Meal Kit Rice Pack

Market segment by Protein Content

5?10g Protein/kg

10?15g Protein/kg

15?20g Protein/kg

>20g Protein/kg

Market segment by Functional Category

Shelf-stable Ambient Pack

Microwaveable Pack

Retort Pouch Rice

Frozen Ready Meal Rice

Market segment by Application

Fitness and Weight Management

Convenience Store Meals

Elderly Nutrition

Emergency and Outdoor Food

Major players covered

Sato Foods (JP)

TableMark (JP)

Toyo Rice (JP)

Nichirei Foods (JP)

Ajinomoto (JP)

Maruha Nichiro (JP)

CJ CheilJedang (KR)

Pulmuone (KR)

Mars Food & Nutrition (US)

Conagra Brands (US)

Ebro Foods (ES)

Veetee Rice (GB)

COFCO (CN)

Sanquan Food (CN)

Synear Food (CN)

Market segment by region, regional analysis covers

North America (United States, Canada, and Mexico)

Europe (Germany, France, United Kingdom, Russia, Italy, and Rest of Europe)

Asia-Pacific (China, Japan, Korea, India, Southeast Asia, and Australia)

South America (Brazil, Argentina, Colombia, and Rest of South America)

Middle East & Africa (Saudi Arabia, UAE, Egypt, South Africa, and Rest of Middle East & Africa)

The content of the study subjects, includes a total of 15 chapters:

Chapter 1, to describe High Protein Instant Rice product scope, market overview, market estimation caveats and base year.

Chapter 2, to profile the top manufacturers of High Protein Instant Rice, with price, sales quantity, revenue, and global market share of High Protein Instant Rice from 2021 to 2026.

Chapter 3, the High Protein Instant Rice competitive situation, sales quantity, revenue, and global market share of top manufacturers are analyzed emphatically by landscape contrast.

Chapter 4, the High Protein Instant Rice breakdown data are shown at the regional level, to show the sales quantity, consumption value, and growth by regions, from 2021 to 2032.

Chapter 5 and 6, to segment the sales by Type and by Application, with sales market share and growth rate by Type, by Application, from 2021 to 2032.

Chapter 7, 8, 9, 10 and 11, to break the sales data at the country level, with sales quantity, consumption value, and market share for key countries in the world, from 2021 to 2026. and High Protein Instant Rice market forecast, by regions, by Type, and by Application, with sales and revenue, from 2027 to 2032.

Chapter 12, market dynamics, drivers, restraints, trends, and Porters Five Forces analysis.

Chapter 13, the key raw materials and key suppliers, and industry chain of High Protein Instant Rice.

Chapter 14 and 15, to describe High Protein Instant Rice sales channel, distributors, customers, research findings and conclusion.

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