

Nuts Market Opportunity, Growth Drivers, Industry Trend Analysis, and Forecast 2025-2034

<https://marketpublishers.com/r/ND8F7CFC74A5EN.html>

Date: February 2025

Pages: 263

Price: US\$ 4,850.00 (Single User License)

ID: ND8F7CFC74A5EN

Abstracts

The Global Nuts Market was valued at USD 61 billion in 2024 and is projected to expand at a 5% CAGR from 2025 to 2034. The increasing popularity of nuts stems from their nutritional benefits and widespread incorporation into daily diets. Consumers are increasingly turning to nuts as healthy snack alternatives, plant-based dietary staples, and sources of natural ingredients in various industries. The demand for functional foods enriched with proteins, healthy fats, and essential nutrients is on the rise, contributing to the expanding market. Nuts have become essential components in industries such as plant-based dairy, beverages, and confectionery. The market continues to grow due to the increasing focus on clean-label, organic, and non-GMO products, alongside packaging innovations that enhance convenience and appeal.

Nuts are segmented into various categories, including whole nuts, processed nuts, and nut-based products like butters and plant proteins. Among them, whole nuts accounted for 56.6% of the market in 2024. Consumers prefer whole nuts due to their natural health benefits, particularly in promoting heart health, weight management, and overall well-being. Processed nuts such as chopped, sliced, and ground varieties also hold a substantial market share, catering to the needs of the food and beverage industry. Nut-based products, including milk and spreads, continue to gain traction with the rise of plant-based alternatives.

The snack food sector remains a major driver of the market, contributing 35.1% of overall sales in 2024. Nuts have become a preferred choice for consumers seeking convenient, nutritious snack options. Their high protein, fiber, and healthy fat content make them a staple in the healthy snacking category. The availability of roasted, salted, and seasoned varieties has further diversified consumer choices. The shift toward single-serving and resealable packaging solutions has also fueled market growth by

enhancing product accessibility and freshness.

The market encompasses a diverse range of nuts, including almonds, cashews, walnuts, pistachios, pecans, peanuts, hazelnuts, macadamia nuts, and Brazil nuts. Almonds, in particular, are projected to reach a valuation of USD 17.2 billion in 2024, with an anticipated 6.1% CAGR from 2025 to 2034. Their growing popularity stems from their nutritional profile, which includes healthy fats, proteins, vitamins, and antioxidants. Almonds have become integral to various food segments, including snacks, dairy alternatives, and protein-enriched products, supporting their strong market presence.

The United States remains the dominant force in the global nuts market, generating USD 26.7 billion in revenue in 2024. The country's strong demand for vegan, gluten-free, and organic foods continues to drive market expansion. A well-established snack industry and ongoing innovations in product offerings, including ready-to-eat nut-based snacks, further reinforce the country's leadership position. As health-conscious consumer trends evolve, the demand for sustainable, traceable, and nutritious nut products is expected to remain robust, ensuring continued market growth.

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