

Healthy Snacks Market Size, Share & Trends Analysis Report By Product (Frozen & Refrigerated, Dairy), By Claim (Gluten-free, Low/No Fat), By Packaging, By Distribution Channel, By Region, And Segment Forecasts, 2023 - 2030

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Abstracts

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Healthy Snacks Market Growth & Trends

The global healthy snacks market size is expected to reach USD 152.55 billion by 2030, growing at a CAGR of 6.7% from 2023 to 2030, according to a new report by Grand View Research, Inc. The industry has benefited from a growing consumer focus on the nutritional characteristics of snacks, which include high vitamins, proteins, and low calories. The rising need for on-the-go snacks, combined with the growing purchasing power of the customer, is expected to propel the market's growth forward. The hectic lifestyles of consumers are also predicted to drive industry growth during the forecast period.

The shifting lifestyles and busy schedules have led to changes in the eating habits of consumers, with snacks increasingly being viewed as quick and convenient meal replacements. However, there is a growing inclination toward healthier snacks that not only offer convenience but also provide nutritional benefits. This has fueled the demand for healthier snack options that are perceived as beneficial for overall health. Obesity and other diet-related disorders have prompted individuals to adopt healthier lifestyles and consume snacks that offer improved nutritional value.

Snack manufacturers are placing a strong emphasis on natural ingredients and are



adopting a conscientious approach toward people and the environment. Being aware of the increasing consumer demand for healthier and more sustainable food choices, these companies actively source premium and natural ingredients to craft snacks that are not only nutritious but also environment-friendly. These companies avoid artificial additives, preservatives, and excessive processing, and are dedicated to offering snacks that resonate with consumers' preferences for clean and wholesome products.

For instance, el origen, a snack brand launched by German influencer Gordon Prox in September 2022, specializes in vegan snacks that draw inspiration from Latin American cuisine. Their product lineup includes Organic Quinoa Bites, Organic Amaranth Crispies, and chips made from plantains and cassava, some of which have received awards for their quality. The healthy snacks industry is fragmented with the presence of huge global players as well as the growing share of local and regional players.

Healthy Snacks Market Report Highlights

Savory healthy snacks held the largest market share in 2022 due to the high demand from consumers working from home due to the pandemic

Low/No sugar dominated the global healthy snacks industry in 2022. The increasing prevalence of various lifestyle diseases has fueled the demand for low/no sugar snacks, which are preferred by individuals seeking to manage their weight and blood sugar levels

Bags and pouches dominated the healthy snacks industry in 2022 due to their convenience, portability, and ease of consumption, making them a preferred choice for on-the-go snacking

Supermarkets and hypermarkets dominated the market in 2022 and are expected to sustain growth through their partnership with online delivery platforms

Asia Pacific is expected to register the fastest CAGR during the forecast period. The rapid proliferation of online distribution channels in this region is the major driver in maintaining market growth



Contents

CHAPTER 1. METHODOLOGY AND SCOPE

- 1.1. Market Segmentation & Scope
- 1.2. Market Definition
- 1.3. Information Procurement
- 1.3.1. Purchased Database
- 1.3.2. GVR's Internal Database
- 1.3.3. Secondary Sources & Third-Party Perspectives
- 1.3.4. Primary Research
- 1.4. Information Analysis
- 1.4.1. Data Analysis Models
- 1.5. Market Formulation & Data Visualization
- 1.6. Data Validation & Publishing

CHAPTER 2. EXECUTIVE SUMMARY

- 2.1. Market Outlook
- 2.2. Product Type Outlook
- 2.3. Application Outlook
- 2.4. Distribution Channel Outlook
- 2.5. Regional Outlook
- 2.6. Competition Outlook

CHAPTER 3. HEALTHY SNACKS MARKET VARIABLES, TRENDS & SCOPE

- 3.1. Market Lineage Outlook
- 3.2. Industry Value Chain Analysis
- 3.2.1. Raw Material Outlook
- 3.2.2. Manufacturing and Technology Outlook
- 3.2.3. Profit Margin Analysis
- 3.3. Market Dynamics
 - 3.3.1. Market Driver Analysis
 - 3.3.2. Market Restraint Analysis
 - 3.3.3. Market Opportunities
 - 3.3.4. Market Challenges
- 3.4. Industry Analysis Porter's Five Forces Analysis
- 3.5. Market Entry Strategies



CHAPTER 4. CONSUMER BEHAVIOR ANALYSIS

- 4.1. Demographics Analysis
- 4.2. Consumer Trends and Preferences
- 4.3. Factors Affecting Buying Decision
- 4.4. Consumer Product Type Adoption
- 4.5. Key Observations & Findings

CHAPTER 5. HEALTHY SNACKS MARKET: PRODUCT ESTIMATES & TREND ANALYSIS

5.1. Product Movement Analysis & Market Share, 2022 & 2030

5.2. Frozen & Refrigerated

5.2.1. Frozen & refrigerated snacks market estimates and forecast, 2017 - 2030 (USD Billion)

5.3. Fruit

5.3.1. Fruit snacks market estimates and forecast, 2017 - 2030 (USD Billion)

5.4. Bakery

5.4.1. Bakery snacks market estimates and forecast, 2017 - 2030 (USD Billion) 5.5. Savory

5.5.1. Savory snacks market estimates and forecast, 2017 - 2030 (USD Billion)

5.6. Confectionery

5.6.1. Confectionery snacks market estimates and forecast, 2017 - 2030 (USD Billion) 5.7. Dairy

5.7.1. Dairy snacks market estimates and forecast, 2017 - 2030 (USD Billion) 5.8. Others

5.8.1. Other snacks market estimates and forecast, 2017 - 2030 (USD Billion)

CHAPTER 6. HEALTHY SNACKS MARKET: CLAIM ESTIMATES & TREND ANALYSIS

6.1. Claim Movement Analysis & Market Share, 2022 & 2030

6.2. Gluten-Free

6.2.1. Gluten-Free snacks market estimates and forecast, 2017 - 2030 (USD Billion)

6.3. Low/No Fat

6.3.1. Low/No Fat snacks market estimates and forecast, 2017 - 2030 (USD Billion) 6.4. Low/No Sugar

6.4.1. Low/No Sugar snacks market estimates and forecast, 2017 - 2030 (USD Billion)



6.5. Others

6.5.1. Other snacks market estimates and forecast, 2017 - 2030 (USD Billion)

CHAPTER 7. HEALTHY SNACKS MARKET: PACKAGING ESTIMATES & TREND ANALYSIS

7.1. Packaging Movement Analysis & Market Share, 2022 & 2030

7.2. Bags & Pouches

7.2.1. Healthy snacks market estimates and forecast, by bags & pouches, 2017 - 2030 (USD Billion)

7.3. Boxes

7.3.1. Healthy snacks market estimates and forecast, by boxes, 2017 - 2030 (USD Billion)

7.4. Cans

7.4.1. Healthy snacks market estimates and forecast, by cans, 2017 - 2030 (USD Billion)

7.5. Jars

7.5.1. Healthy snacks market estimates and forecast, by jars, 2017 - 2030 (USD Billion)

7.6. Others

7.6.1. Healthy snacks market estimates and forecast, by other packaging, 2017 - 2030 (USD Billion)

CHAPTER 8. HEALTHY SNACKS MARKET: DISTRIBUTION CHANNEL ESTIMATES & TREND ANALYSIS

8.1. Distribution channel Movement Analysis & Market Share, 2022 & 2030

8.2. Supermarkets & Hypermarkets

8.2.1. Market estimates and forecast through supermarkets & hypermarkets, 2017 - 2030 (USD Billion)

8.3. Convenience Stores

8.3.1. Market estimates and forecast through convenience stores, 2017 - 2030 (USD Billion)

8.4. Online

8.4.1. Market estimates and forecast through online, 2017 - 2030 (USD Billion)

8.5. Others

8.5.1. Market estimates and forecast through others, 2017 - 2030 (USD Billion)

CHAPTER 9. HEALTHY SNACKS MARKET: REGIONAL ESTIMATES & TREND



ANALYSIS

9.1. Regional Movement Analysis & Market Share, 2022 & 2030

9.2. North America

9.2.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.2.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.2.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.2.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.2.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.2.6. U.S.

9.2.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.2.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.2.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.2.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.2.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.3. Europe

9.3.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.3.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.3.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.3.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.3.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.3.6. Germany

9.3.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.3.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.3.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.3.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.3.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.3.7. U.K.

9.3.7.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.3.7.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.3.7.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.3.7.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.3.7.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.3.8. France



9.3.8.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.3.8.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.3.8.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.3.8.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.3.8.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.4. Asia Pacific

9.4.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.4.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.4.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.4.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.4.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.4.6. China

9.4.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.4.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.4.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.4.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.4.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.4.7. India

9.4.7.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.4.7.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.4.7.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.4.7.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.4.7.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.4.8. Japan

9.4.8.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.4.8.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.4.8.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.4.8.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.4.8.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.5. Central & South America

9.5.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.5.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.5.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.5.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)



9.5.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.5.6. Brazil

9.5.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.5.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.5.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.5.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.5.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.6. Middle East & Africa

9.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.6.6. UAE

9.6.6.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.6.6.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.6.6.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.6.6.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.6.6.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

9.6.7. South Africa

9.6.7.1. Market estimates and forecast, 2017 - 2030 (USD Billion)

9.6.7.2. Market estimates and forecast, by product, 2017 - 2030 (USD Billion)

9.6.7.3. Market estimates and forecast, by claim, 2017 - 2030 (USD Billion)

9.6.7.4. Market estimates and forecast, by packaging, 2017 - 2030 (USD Billion)

9.6.7.5. Market estimates and forecast, by distribution channel, 2017 - 2030 (USD Billion)

CHAPTER 10. COMPETITIVE ANALYSIS

10.1. Recent developments & impact analysis, by key market participants

- 10.2. Company Categorization
- 10.3. Participant's Overview
- 10.4. Financial Performance
- 10.5. Product Benchmarking
- 10.6. Company Market Share Analysis, 2022 (%)



- 10.7. Company Heat Map Analysis
- 10.8. Strategy Mapping
- 10.9. List of key companies analyzed in this section include:
 - 10.9.1. Nestl?
 - 10.9.2. The Kellogg Company
 - 10.9.3. Unilever
 - 10.9.4. Danone
 - 10.9.5. PepsiCo
 - 10.9.6. Mondel?z International
 - 10.9.7. Hormel Foods Corporation
 - 10.9.8. Dole Packaged Foods, LLC.
 - 10.9.9. Del Monte Foods, Inc.
 - 10.9.10. Select Harvests
 - 10.9.11. B&G Foods
 - 10.9.12. Monsoon Harvest



List Of Tables

LIST OF TABLES

- 1. Healthy snacks market Driving factor market analysis
- 2. Healthy snacks market Restraint factor market analysis
- 3. Healthy snacks market estimates & forecast, by product (USD Billion)
- 4. Healthy snacks market estimates & forecast, by claim (USD Billion)
- 5. Healthy snacks market estimates & forecast, by packaging (USD Billion)
- 6. Healthy snacks market estimates & forecast, by distribution channel (USD Billion)
- 7. U.S. macro-economic outlay
- 8. Canada macro-economic outlay
- 9. Mexico macro-economic outlay
- 10. U.K. macro-economic outlay
- 11. Germany macro-economic outlay
- 12. France macro-economic outlay
- 13. Italy macro-economic outlay Spain
- 14. China macro-economic outlay
- 15. Japan macro-economic outlay
- 16. India macro-economic outlay
- 17. Australia & New Zealand macro-economic outlay
- 18. South Korea macro-economic outlay
- 19. Brazil macro-economic outlay
- 20. UAE macro-economic outlay
- 21. South Africa macro-economic outlay
- 22. Recent developments & impact analysis, by key market participants
- 23. Company market share, 2022 (Value % Share)
- 24. Company heat map analysis



List Of Figures

LIST OF FIGURES

- 1. Information procurement
- 2. Primary research pattern
- 3. Primary research approaches
- 4. Primary research process
- 5. Market Snapshot
- 6. Segment Snapshot
- 7. Segment Snapshot
- 8. Competitive Landscape Snapshot
- 9. Healthy snacks market size, 2017 to 2030 (USD Billion)
- 10. Healthy snacks market: Value chain analysis
- 11. Healthy snacks market: Profit-margin analysis
- 12. Healthy snacks market: Dynamics
- 13. Healthy snacks market: Porter's five forces analysis
- 14. Factors affecting buying decisions for Healthy snacks
- 15. Healthy snacks market, by product: Key takeaways
- 16. Healthy snacks market, by product: Market share, 2022 & 2030
- 17. Frozen & refrigerated snacks market estimates and forecast, 2017 2030 (USD Billion)
- 18. Fruit snacks market estimates and forecast, 2017 2030 (USD Billion)
- 19. Bakery snacks market estimates and forecast, 2017 2030 (USD Billion)
- 20. Savory snacks market estimates and forecast, 2017 2030 (USD Billion)
- 21. Confectionery snacks market estimates and forecast, 2017 2030 (USD Billion)
- 22. Dairy snacks market estimates and forecast, 2017 2030 (USD Billion)
- 23. Other snacks market estimates and forecast, 2017 2030 (USD Billion)
- 24. Healthy snacks market, by claim: Key takeaways
- 25. Healthy snacks market, by claim: Market share, 2022 & 2030
- 26. Gluten-free snacks market estimates & forecast, 2017 2030 (USD Billion)
- 27. Low/No fat snacks market estimates & forecast, 2017 2030 (USD Billion)
- 28. Low/No sugar snacks market estimates & forecast, 2017 2030 (USD Billion)
- 29. Other snacks market estimates & forecast, 2017 2030 (USD Billion)
- 30. Healthy snacks market, by packaging: Key takeaways
- 31. Healthy snacks market, by packaging: Market share, 2022 & 2030
- 32. Healthy snacks market estimates & forecast, by bags & pouches, 2017 2030 (USD Billion)



33. Healthy snacks market estimates & forecast by boxes, 2017 - 2030 (USD Billion)

34. Healthy snacks market estimates & forecast by cans, 2017 - 2030 (USD Billion)

35. Healthy snacks market estimates & forecast by jars, 2017 - 2030 (USD Billion)

36. Healthy snacks market estimates & forecast by other packaging, 2017 - 2030 (USD Billion)

37. Healthy snacks market, by price: Key takeaways

38. Healthy snacks market, by distribution channel: Key takeaways

39. Healthy snacks market, by distribution channel: Market share, 2022 & 2030

40. Healthy snacks market estimates & forecast, through supermarket/hypermarket, 2017 - 2030 (USD Billion)

41. Healthy snacks market estimates & forecast, through convenience stores, 2017 - 2030 (USD Billion)

42. Healthy snacks market estimates & forecast, through online, 2017 - 2030 (USD Billion)

43. Healthy snacks market estimates & forecast, through others, 2017 - 2030 (USD Billion)

44. Healthy snacks market revenue, by region, 2022 & 2030 (USD Billion)

45. Regional marketplace: Key takeaways

46. Regional marketplace: Key takeaways

47. North America Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

48. U.S. Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

49. Canada Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

50. Mexico Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

51. Europe Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

52. U.K. Healthy snacks market estimates & forecasts, 2017 - 2030 (USD Billion)

53. Germany Healthy snacks market estimates & forecasts, 2017 - 2030 (USD Billion)

54. France Healthy snacks market estimates & forecasts, 2017 - 2030 (USD Billion)

55. Asia Pacific Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

56. China Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

57. Japan Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

58. India Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

59. South Korea Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

60. Australia Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

61. Central & South America Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)

62. Brazil Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)63. Middle East & Africa Healthy snacks market estimates & forecast, 2017 - 2030 (USD Billion)



- 64. UAE Healthy snacks market estimates & forecast, 2017 2030 (USD Billion)
- 65. South Africa Healthy snacks market estimates & forecast, 2017 2030 (USD Billion)
- 66. Key company categorization
- 67. Company market share analysis, 2022



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