

Mexico Edible Oil Market Size, Share, Trends and Forecast by Product Type, Nature, Distribution Channel, End Use, and Region, 2026-2034

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Abstracts

The Mexico edible oil market size reached USD 3.9 Billion in 2025 . Looking forward, IMARC Group expects the market to reach USD 5.6 Billion by 2034 , exhibiting a growth rate (CAGR) of 3.87% during 2026-2034 . The growing health awareness is enhancing demand for healthier oils like olive and avocado oil while rising disposable incomes support premium product adoption. Government health initiatives and stricter food labeling regulations are further expanding the Mexico edible oil market share. Additionally, sustainability trends are increasing demand for organic and non-GMO oils, with certifications playing a key role in consumer purchasing decisions.

MEXICO EDIBLE OIL MARKET TRENDS:

Increasing Demand for Healthier Oil Alternatives

The growing shift toward healthier oil options due to rising health consciousness among consumers is significantly supporting the Mexico edible oil market growth. Traditional oils like palm and soybean oil are being gradually replaced by alternatives such as olive oil, avocado oil, and canola oil, which are perceived as healthier due to their lower saturated fat content and higher nutritional benefits. This trend is driven by increasing awareness of cardiovascular diseases, obesity, and diabetes, prompting consumers to opt for oils with better health profiles. For instance, Ischaemic heart disease was the second leading cause of death in Mexico in 2021, with a mortality rate of 112.6 per 100,000 persons, highlighting increasing worries related to cardiovascular health. Since edible oils play a key role in cardio health, an innovation in heart-friendly edible oils may eliminate the health threats. Given that the population is expected to grow by 15% to 148.9 million by 2050, and the health benefits associated with the wider use of healthier

edible oils are well-established, it only makes sense to expand dietary options as a preventive healthcare strategy. Additionally, government initiatives promoting healthy eating habits and stricter food labeling regulations are further accelerating this shift. Imported premium oils, particularly extra virgin olive oil, are gaining popularity in urban areas, supported by higher disposable incomes. As a result, local producers are also expanding their portfolios to include healthier variants, aligning with global health trends and catering to changing consumer preferences.

Growth in Sustainable and Organic Edible Oils

Sustainability and organic production are creating a positive Mexico edible oil market outlook, as consumers increasingly prioritize environmentally friendly and ethically sourced products. In 2023, Mexico authorized 571,608 hectares for organic agriculture, of which 60% are for wild harvesting, and 40% are for crops produced on farms. The top crop was coffee, on 88,173 hectares, followed by oranges, mangoes and lemons. 46,030 certified organic plant producers. This trend reflects a significant growth opportunity for the premium organic market here in Mexico, especially for organic edible oils. The demand for organic and non-GMO edible oils, such as sunflower, coconut, and sesame oil, is rising, particularly among middle- and high-income groups. This shift is influenced by global sustainability movements and a growing preference for clean-label products. Major retailers and supermarkets are expanding their organic oil offerings to meet this demand, while local producers are adopting sustainable farming practices to enhance market competitiveness. Furthermore, certifications such as USDA Organic and Non-GMO Project Verified are gaining importance, as they assure consumers of product quality and ethical sourcing. With the Mexican government also supporting sustainable agriculture through subsidies and policies, the market for eco-friendly edible oils is growing steadily, presenting opportunities for both domestic and international brands.

MEXICO EDIBLE OIL MARKET SEGMENTATION:

IMARC Group provides an analysis of the key trends in each segment of the market, along with forecasts at the country level for 2026-2034. Our report has categorized the market based on product type, nature, distribution channel, and end use.

Product Type Insights:

Palm Oil

Soybean Oil

Sunflower Oil

Olive Oil

Corn Oil

Rapeseeds Oil

Others

The report has provided a detailed breakup and analysis of the market based on the product type. This includes palm oil, soybean oil, sunflower oil, olive oil, corn oil, rapeseeds oil, and others.

Nature Insights:

Organic

Conventional

A detailed breakup and analysis of the market based on the nature have also been provided in the report. This includes organic and conventional.

Distribution Channel Insights:

Business to Business

Business to Consumer

The report has provided a detailed breakup and analysis of the market based on the distribution channel. This includes business to business, and business to consumer.

End Use Insights:

Industrial

Food Service

Retail

A detailed breakup and analysis of the market based on the end use have also been provided in the report. This includes industrial, food service, and retail.

Regional Insights:

Northern Mexico

Central Mexico

Southern Mexico

Others

The report has also provided a comprehensive analysis of all the major regional markets, which include Northern Mexico, Central Mexico, Southern Mexico, and Others.

COMPETITIVE LANDSCAPE:

The market research report has also provided a comprehensive analysis of the competitive landscape. Competitive analysis such as market structure, key player positioning, top winning strategies, competitive dashboard, and company evaluation quadrant has been covered in the report. Also, detailed profiles of all major companies have been provided.

KEY QUESTIONS ANSWERED IN THIS REPORT

How has the Mexico edible oil market performed so far and how will it perform in the coming years?

What is the breakup of the Mexico edible oil market on the basis of product type?

What is the breakup of the Mexico edible oil market on the basis of nature?

What is the breakup of the Mexico edible oil market on the basis of distribution channel?

What is the breakup of the Mexico edible oil market on the basis of end use?

What is the breakup of the Mexico edible oil market on the basis of region?

What are the various stages in the value chain of the Mexico edible oil market?

What are the key driving factors and challenges in the Mexico edible oil?

What is the structure of the Mexico edible oil market and who are the key players?

What is the degree of competition in the Mexico edible oil market?

Contents

1 PREFACE

2 SCOPE AND METHODOLOGY

- 2.1 Objectives of the Study
- 2.2 Stakeholders
- 2.3 Data Sources
 - 2.3.1 Primary Sources
 - 2.3.2 Secondary Sources
- 2.4 Market Estimation
 - 2.4.1 Bottom-Up Approach
 - 2.4.2 Top-Down Approach
- 2.5 Forecasting Methodology

3 EXECUTIVE SUMMARY

4 MEXICO EDIBLE OIL MARKET - INTRODUCTION

- 4.1 Overview
- 4.2 Market Dynamics
- 4.3 Industry Trends
- 4.4 Competitive Intelligence

5 MEXICO EDIBLE OIL MARKET LANDSCAPE

- 5.1 Historical and Current Market Trends (2020-2025)
- 5.2 Market Forecast (2026-2034)

6 MEXICO EDIBLE OIL MARKET - BREAKUP BY PRODUCT TYPE

- 6.1 Palm Oil
 - 6.1.1 Overview
 - 6.1.2 Historical and Current Market Trends (2020-2025)
 - 6.1.3 Market Forecast (2026-2034)
- 6.2 Soybean Oil
 - 6.2.1 Overview
 - 6.2.2 Historical and Current Market Trends (2020-2025)

6.2.3 Market Forecast (2026-2034)

6.3 Sunflower Oil

6.3.1 Overview

6.3.2 Historical and Current Market Trends (2020-2025)

6.3.3 Market Forecast (2026-2034)

6.4 Olive Oil

6.4.1 Overview

6.4.2 Historical and Current Market Trends (2020-2025)

6.4.3 Market Forecast (2026-2034)

6.5 Corn Oil

6.5.1 Overview

6.5.2 Historical and Current Market Trends (2020-2025)

6.5.3 Market Forecast (2026-2034)

6.6 Rapeseeds Oil

6.6.1 Overview

6.6.2 Historical and Current Market Trends (2020-2025)

6.6.3 Market Forecast (2026-2034)

6.7 Others

6.7.1 Historical and Current Market Trends (2020-2025)

6.7.2 Market Forecast (2026-2034)

7 MEXICO EDIBLE OIL MARKET - BREAKUP BY NATURE

7.1 Organic

7.1.1 Overview

7.1.2 Historical and Current Market Trends (2020-2025)

7.1.3 Market Forecast (2026-2034)

7.2 Conventional

7.2.1 Overview

7.2.2 Historical and Current Market Trends (2020-2025)

7.2.3 Market Forecast (2026-2034)

8 MEXICO EDIBLE OIL MARKET - BREAKUP BY DISTRIBUTION CHANNEL

8.1 Business to Business

8.1.1 Overview

8.1.2 Historical and Current Market Trends (2020-2025)

8.1.3 Market Forecast (2026-2034)

8.2 Business to Consumer

8.2.1 Overview

8.2.2 Historical and Current Market Trends (2020-2025)

8.2.3 Market Forecast (2026-2034)

9 MEXICO EDIBLE OIL MARKET - BREAKUP BY END USE

9.1 Industrial

9.1.1 Overview

9.1.2 Historical and Current Market Trends (2020-2025)

9.1.3 Market Forecast (2026-2034)

9.2 Food Service

9.2.1 Overview

9.2.2 Historical and Current Market Trends (2020-2025)

9.2.3 Market Forecast (2026-2034)

9.3 Retail

9.3.1 Overview

9.3.2 Historical and Current Market Trends (2020-2025)

9.3.3 Market Forecast (2026-2034)

10 MEXICO EDIBLE OIL MARKET – BREAKUP BY REGION

10.1 Northern Mexico

10.1.1 Overview

10.1.2 Historical and Current Market Trends (2020-2025)

10.1.3 Market Breakup by Product Type

10.1.4 Market Breakup by Nature

10.1.5 Market Breakup by Distribution Channel

10.1.6 Market Breakup by End Use

10.1.7 Key Players

10.1.8 Market Forecast (2026-2034)

10.2 Central Mexico

10.2.1 Overview

10.2.2 Historical and Current Market Trends (2020-2025)

10.2.3 Market Breakup by Product Type

10.2.4 Market Breakup by Nature

10.2.5 Market Breakup by Distribution Channel

10.2.6 Market Breakup by End Use

10.2.7 Key Players

10.2.8 Market Forecast (2026-2034)

10.3 Southern Mexico

10.3.1 Overview

10.3.2 Historical and Current Market Trends (2020-2025)

10.3.3 Market Breakup by Product Type

10.3.4 Market Breakup by Nature

10.3.5 Market Breakup by Distribution Channel

10.3.6 Market Breakup by End Use

10.3.7 Key Players

10.3.8 Market Forecast (2026-2034)

10.4 Others

10.4.1 Historical and Current Market Trends (2020-2025)

10.4.2 Market Forecast (2026-2034)

11 MEXICO EDIBLE OIL MARKET – COMPETITIVE LANDSCAPE

11.1 Overview

11.2 Market Structure

11.3 Market Player Positioning

11.4 Top Winning Strategies

11.5 Competitive Dashboard

11.6 Company Evaluation Quadrant

12 PROFILES OF KEY PLAYERS

12.1 Company A

12.1.1 Business Overview

12.1.2 Products Offered

12.1.3 Business Strategies

12.1.4 SWOT Analysis

12.1.5 Major News and Events

12.2 Company B

12.2.1 Business Overview

12.2.2 Products Offered

12.2.3 Business Strategies

12.2.4 SWOT Analysis

12.2.5 Major News and Events

12.3 Company C

12.3.1 Business Overview

12.3.2 Products Offered

- 12.3.3 Business Strategies
- 12.3.4 SWOT Analysis
- 12.3.5 Major News and Events
- 12.4 Company D
 - 12.4.1 Business Overview
 - 12.4.2 Products Offered
 - 12.4.3 Business Strategies
 - 12.4.4 SWOT Analysis
 - 12.4.5 Major News and Events
- 12.5 Company E
 - 12.5.1 Business Overview
 - 12.5.2 Products Offered
 - 12.5.3 Business Strategies
 - 12.5.4 SWOT Analysis
 - 12.5.5 Major News and Events

13 MEXICO EDIBLE OIL MARKET - INDUSTRY ANALYSIS

- 13.1 Drivers, Restraints, and Opportunities
 - 13.1.1 Overview
 - 13.1.2 Drivers
 - 13.1.3 Restraints
 - 13.1.4 Opportunities
- 13.2 Porters Five Forces Analysis
 - 13.2.1 Overview
 - 13.2.2 Bargaining Power of Buyers
 - 13.2.3 Bargaining Power of Suppliers
 - 13.2.4 Degree of Competition
 - 13.2.5 Threat of New Entrants
 - 13.2.6 Threat of Substitutes
- 13.3 Value Chain Analysis

14 APPENDIX

I would like to order

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