

Mexico Lentil Market Size, Share, Trends and Forecast by End Use and Region, 2026-2034

<https://marketpublishers.com/r/M31A96FC1589EN.html>

Date: June 2026

Pages: 116

Price: US\$ 2,999.00 (Single User License)

ID: M31A96FC1589EN

Abstracts

The Mexico lentil market size reached 232.3 Thousand Tons in 2025 . Looking forward, IMARC Group expects the market to reach 585.1 Thousand Tons by 2034 , exhibiting a growth rate (CAGR) of 10.49 % during 2026-2034 . The market is experiencing robust growth, driven by rising demand for plant-based proteins, health-conscious consumer trends, government support for sustainable agriculture, and technological advancements enhancing crop yield and quality.

MEXICO LENTIL MARKET TRENDS:

Surge in Demand for Plant-Based Protein and Health-Conscious Diets

Growing consumer awareness around health and nutrition in Mexico has driven a sharp rise in demand for plant-based proteins, with lentils becoming a staple in many households. This shift is largely due to changing dietary habits, as more people reduce meat consumption in response to health and environmental concerns. Lentils offer a powerful nutritional profile, providing 9g of protein per 100g when cooked, alongside fiber, iron, and essential nutrients, all while remaining low in fat and cholesterol. These attributes make them particularly appealing for weight management and cardiovascular health, which are increasingly prioritized by Mexican consumers. The plant-based food market in Latin America is expanding at a CAGR of 10.20% (2025-2033), with lentils gaining traction due to their affordability and versatility. The rise of lifestyle diseases like diabetes and hypertension has further boosted lentil consumption, thanks to their low glycemic index. In addition to this, an increasing number of Mexican consumers now seek healthier food options. Retailers like Chedraui and Soriana have responded by expanding their lentil-based and organic product offerings, which is impelling the market growth.

Technological Advancements in Agricultural Practices and Sustainable Production

Technological innovation is playing a pivotal role in driving the growth of Mexico's lentil market, with farmers increasingly adopting advanced agricultural practices to boost efficiency and sustainability. Precision agriculture, drought-resistant seed varieties, and mechanized harvesting are now widely used, significantly enhancing productivity while reducing labor and water usage. Government initiatives such as the "MasAgro" program have further accelerated this transformation by providing subsidies and training to small and medium-scale farmers, promoting climate-smart cultivation methods. The integration of digital tools, like remote sensing, IoT-enabled soil sensors, and AI-based crop health monitoring, has enabled better decision-making and resource management. Additionally, the growing usage of biological fertilizers and organic pest control has fueled the rise of certified organic lentils, contributing to an increase in lentil exports.

MEXICO LENTIL MARKET SEGMENTATION:

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

End Use Insights:

Home Use

Snack Food Industry

Flour Industry

Others

The report has provided a detailed breakup and analysis of the market based on the end use. This includes home use, snack food industry, flour industry, and others.

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 lentil market performed so far and how will it perform in the coming years?

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

What is the breakup of the Mexico lentil market on the basis of region?

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

What are the key driving factors and challenges in the Mexico lentil?

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

What is the degree of competition in the Mexico lentil 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 LENTIL MARKET - INTRODUCTION

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

5 MEXICO LENTIL MARKET LANDSCAPE

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

6 MEXICO LENTIL MARKET - BREAKUP BY END USE

- 6.1 Home Use
 - 6.1.1 Overview
 - 6.1.2 Historical and Current Market Trends (2020-2025)
 - 6.1.3 Market Forecast (2026-2034)
- 6.2 Snack Food Industry
 - 6.2.1 Overview
 - 6.2.2 Historical and Current Market Trends (2020-2025)

6.2.3 Market Forecast (2026-2034)

6.3 Flour Industry

6.3.1 Overview

6.3.2 Historical and Current Market Trends (2020-2025)

6.3.3 Market Forecast (2026-2034)

6.4 Others

6.4.1 Historical and Current Market Trends (2020-2025)

6.4.2 Market Forecast (2026-2034)

7 MEXICO LENTIL MARKET – BREAKUP BY REGION

7.1 Northern Mexico

7.1.1 Overview

7.1.2 Historical and Current Market Trends (2020-2025)

7.1.3 Market Breakup by End Use

7.1.4 Key Players

7.1.5 Market Forecast (2026-2034)

7.2 Central Mexico

7.2.1 Overview

7.2.2 Historical and Current Market Trends (2020-2025)

7.2.3 Market Breakup by End Use

7.2.4 Key Players

7.2.5 Market Forecast (2026-2034)

7.3 Southern Mexico

7.3.1 Overview

7.3.2 Historical and Current Market Trends (2020-2025)

7.3.3 Market Breakup by End Use

7.3.4 Key Players

7.3.5 Market Forecast (2026-2034)

7.4 Others

7.4.1 Historical and Current Market Trends (2020-2025)

7.4.2 Market Forecast (2026-2034)

8 MEXICO LENTIL MARKET – COMPETITIVE LANDSCAPE

8.1 Overview

8.2 Market Structure

8.3 Market Player Positioning

8.4 Top Winning Strategies

- 8.5 Competitive Dashboard
- 8.6 Company Evaluation Quadrant

9 PROFILES OF KEY PLAYERS

9.1 Company A

- 9.1.1 Business Overview
- 9.1.2 Products Offered
- 9.1.3 Business Strategies
- 9.1.4 SWOT Analysis
- 9.1.5 Major News and Events

9.2 Company B

- 9.2.1 Business Overview
- 9.2.2 Products Offered
- 9.2.3 Business Strategies
- 9.2.4 SWOT Analysis
- 9.2.5 Major News and Events

9.3 Company C

- 9.3.1 Business Overview
- 9.3.2 Products Offered
- 9.3.3 Business Strategies
- 9.3.4 SWOT Analysis
- 9.3.5 Major News and Events

9.4 Company D

- 9.4.1 Business Overview
- 9.4.2 Products Offered
- 9.4.3 Business Strategies
- 9.4.4 SWOT Analysis
- 9.4.5 Major News and Events

9.5 Company E

- 9.5.1 Business Overview
- 9.5.2 Products Offered
- 9.5.3 Business Strategies
- 9.5.4 SWOT Analysis
- 9.5.5 Major News and Events

10 MEXICO LENTIL MARKET - INDUSTRY ANALYSIS

10.1 Drivers, Restraints, and Opportunities

- 10.1.1 Overview
- 10.1.2 Drivers
- 10.1.3 Restraints
- 10.1.4 Opportunities
- 10.2 Porters Five Forces Analysis
 - 10.2.1 Overview
 - 10.2.2 Bargaining Power of Buyers
 - 10.2.3 Bargaining Power of Suppliers
 - 10.2.4 Degree of Competition
 - 10.2.5 Threat of New Entrants
 - 10.2.6 Threat of Substitutes
- 10.3 Value Chain Analysis

11 APPENDIX

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