

Global Whole Grain and High Fiber Foods Market Growth 2025-2031

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Abstracts

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The global Whole Grain and High Fiber Foods market size is predicted to grow from US\$ 44550 million in 2025 to US\$ 57670 million in 2031; it is expected to grow at a CAGR of 4.4% from 2025 to 2031.

Whole grains contain the entire grain seed of a plant and are rich in dietary fiber, vitamins, and minerals. The difference between refined grains (such as refined wheat, white flour, and white rice) and whole grains (such as whole-wheat flour, barley, cornmeal, oats, and popcorn) is that a whole grain still contains the nutrient rich germ and the fiber rich bran. Refined grains go through a milling process that removes the bran and the germ, which eliminates most nutrients.

Fiber is a substance found in plants. Dietary fiber is found in fruits, vegetables, and grains. High fiber foods in this report contains legumes, nuts and seeds based foods and etc.

One of the major drivers for this market is the health benefits of whole grain and high fiber foods. Whole grain foods consist of all essential nutrients such as phytochemicals, fiber, selenium, potassium and magnesium. With several studies corroborating the health risks posed by excessive consumption of processed foods, consumers are increasingly including higher quantities of whole grain and fiber into their regular diet. Also growing awareness regarding health benefits offered by whole grains is encouraging the shift toward these foods. High fiber foods are also gaining from research studies highlighting the effectiveness of these foods in preventing and curing certain gastro-intestinal diseases and conditions.

Urbanization has prompted extensive changes in the ways of life and dietary habits of people across the globe. Obesity is a major concern in developed nations like the US, where a substantial portion of the population has the condition. In order to decrease the rising occurrences of such diseases, people have started adopting healthy lifestyles. In line with this, consumers in the US are becoming more conscious about their health and fitness, and paying more attention to the nutritional content of the foods they consume. The health-conscious population base demands foods which have the optimal combination of essential nutrients. As such, the demand for whole grain foods is increasing owing to their high fiber content.

Global Whole Grain and High Fiber Foods key players include Cargill and General Mills, etc. Global top 5 manufacturers hold a share about 19%. North America is the largest market, with a share about 37%, followed by Asia Pacific and Europe with the share about 31% and 29%.

LP Information, Inc. (LPI) ' newest research report, the "Whole Grain and High Fiber Foods Industry Forecast" looks at past sales and reviews total world Whole Grain and High Fiber Foods sales in 2024, providing a comprehensive analysis by region and market sector of projected Whole Grain and High Fiber Foods sales for 2025 through 2031. With Whole Grain and High Fiber Foods sales broken down by region, market sector and sub-sector, this report provides a detailed analysis in US\$ millions of the world Whole Grain and High Fiber Foods industry.

This Insight Report provides a comprehensive analysis of the global Whole Grain and High Fiber Foods landscape and highlights key trends related to product segmentation, company formation, revenue, and market share, latest development, and M&A activity. This report also analyzes the strategies of leading global companies with a focus on Whole Grain and High Fiber Foods portfolios and capabilities, market entry strategies, market positions, and geographic footprints, to better understand these firms' unique position in an accelerating global Whole Grain and High Fiber Foods market.

This Insight Report evaluates the key market trends, drivers, and affecting factors shaping the global outlook for Whole Grain and High Fiber Foods and breaks down the forecast by Type, by Application, geography, and market size to highlight emerging pockets of opportunity. With a transparent methodology based on hundreds of bottom-up qualitative and quantitative market inputs, this study forecast offers a highly nuanced view of the current state and future trajectory in the global Whole Grain and High Fiber Foods.

This report presents a comprehensive overview, market shares, and growth opportunities of Whole Grain and High Fiber Foods market by product type, application, key manufacturers and key regions and countries.

Segmentation by Type:

Baked Foods

Cereals

Snacks

Others

Segmentation by Application:

Supermarkets/hypermarkets

Online/e-Commerce

Other

This report also splits the market by region:

Americas

United States

Canada

Mexico

Brazil

APAC

China

Japan

Korea

Southeast Asia

India

Australia

Europe

Germany

France

UK

Italy

Russia

Middle East & Africa

Egypt

South Africa

Israel

Turkey

GCC Countries

The below companies that are profiled have been selected based on inputs gathered from primary experts and analysing the company's coverage, product portfolio, its

market penetration.

Cargill

General Mills

Nestl? S.A.

Pepsico

Kellogg

Mondelez International

Flower Foods

Bob's Red Mill

Food for Life

Grupo Bimbo

Campbell

Aunt Millie

Aryzta

Nature's Path Foods

Key Questions Addressed in this Report

What is the 10-year outlook for the global Whole Grain and High Fiber Foods market?

What factors are driving Whole Grain and High Fiber Foods market growth, globally and by region?

Which technologies are poised for the fastest growth by market and region?

How do Whole Grain and High Fiber Foods market opportunities vary by end market size?

How does Whole Grain and High Fiber Foods break out by Type, by Application?

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