

Cold Pressed Oil Market Forecasts to 2032 – Global Analysis By Product Type (Coconut Oil, Groundnut Oil, Palm Oil, Rapeseed Oil, Soybean Oil, Sunflower Oil and Other Product Types), Packaging Type (Bottles, Cans, Pouches and Other Packaging Types), Pack Size, Distribution Channel, Application and By Geography

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Abstracts

According to Statistics MRC, the Global Cold Pressed Oil Market is accounted for \$32.6 billion in 2025 and is expected to reach \$48.7 billion by 2032 growing at a CAGR of 5.9% during the forecast period. Cold-pressed oil is extracted from seeds, nuts, and fruits using mechanical pressing at low temperatures, preserving nutrients, natural flavor, and aroma. Unlike refined oils, it retains antioxidants, vitamins, and essential fatty acids, making it popular in health, beauty, and culinary applications. Rising health awareness, demand for chemical-free products, and interest in plant-based diets are boosting market growth. Increasing adoption in cosmetics, pharmaceuticals, and functional foods further supports demand.

Market Dynamics:

Driver:

Growing consumer preference for natural products

The cold-pressed oil market is strongly driven by the increasing consumer inclination toward natural and chemical-free products, particularly for cooking and personal care. Growing awareness about health benefits such as higher nutrient retention, antioxidant

properties, and minimal processing makes cold-pressed oils highly attractive. Additionally, the rising adoption of healthy dietary habits and clean-label products across urban populations supports market expansion. Moreover, the demand for plant-based and organic oils is increasing in both developed and developing economies, which is expected to significantly boost consumption patterns during the forecast period.

Restraint:

Higher cost compared to refined oils

A major restraint affecting the cold-pressed oil market is its relatively higher cost compared to refined oils, which restricts its penetration among price-sensitive consumers. The cold pressing method yields a lower oil output, thereby increasing production costs. The premium positioning of these oils makes them less affordable for middle- and lower-income households. Moreover, conventional refined oils are widely available at competitive prices, leading consumers to prefer cheaper alternatives in cost-conscious markets. This pricing disparity continues to challenge wider adoption despite the growing awareness of the nutritional benefits of cold-pressed oils.

Opportunity:

Expansion in e-commerce retail channels

The cold-pressed oil market is witnessing significant opportunities through the expansion of e-commerce retail channels, providing consumers with convenient access to diverse product offerings. Online platforms are enabling smaller producers and emerging brands to reach broader audiences at reduced distribution costs. Additionally, the growing popularity of digital marketing and subscription-based models is boosting product visibility and recurring sales. Consumers are increasingly purchasing health-focused products online, supported by favorable payment options and doorstep delivery services. This channel expansion is expected to create strong growth avenues for manufacturers and distributors in the coming years.

Threat:

Competition from cheaper alternatives

Despite the nutritional benefits of cold-pressed oils, affordability often outweighs health considerations among a large consumer base. Counterfeit or low-quality cold-pressed

oils sold at lower prices further intensify market competition. Moreover, established edible oil brands offering fortified refined oils with added health claims create additional barriers. These competitive pressures can significantly hinder market penetration and reduce consumer loyalty toward authentic cold-pressed oil brands in emerging economies.

Covid-19 Impact:

The COVID-19 pandemic had a mixed impact on the cold-pressed oil market. On one hand, demand increased as consumers focused on immunity-boosting, natural, and chemical-free products. Additionally, heightened health consciousness encouraged greater adoption of organic oils in daily diets. On the other hand, supply chain disruptions, labor shortages, and fluctuating raw material availability limited production and distribution. Moreover, retail store closures during lockdowns temporarily slowed sales. However, the rise of e-commerce during the pandemic offset losses, allowing the market to maintain resilience and regain steady growth momentum after initial disruptions.

The soybean oil segment is expected to be the largest during the forecast period

The soybean oil segment is expected to account for the largest market share during the forecast period, driven by its extensive use in cooking, food processing, and industrial applications. Soybean oil offers a favorable nutritional profile, including omega-3 fatty acids and vitamin E, making it increasingly popular among health-conscious consumers. Additionally, its widespread availability and relatively lower cost compared to other cold-pressed oils support its dominance. Furthermore, we anticipate that the growing demand for plant-based oils in both developed and emerging markets will bolster the growth of the segment.

The pouches segment is expected to have the highest CAGR during the forecast period

Over the forecast period, the pouches segment is predicted to witness the highest growth rate, owing to its cost-effectiveness, convenience, and eco-friendly packaging appeal. Pouches require less material compared to bottles or jars, reducing transportation and storage costs. Their lightweight and resealable features enhance consumer preference, particularly in urban households seeking practical solutions. Moreover, the increasing shift toward sustainable packaging aligns with growing environmental concerns, encouraging producers to invest in pouch formats. These factors collectively position the pouches segment for robust growth throughout the

forecast period.

Region with largest share:

During the forecast period, the Asia Pacific region is expected to hold the largest market share, supported by its vast population, traditional oil consumption practices, and growing awareness about health benefits. Countries such as India, China, and Japan exhibit strong demand for natural and organic oils due to cultural and dietary preferences. Rising disposable incomes and rapid urbanization in these nations are driving premium product adoption. Moreover, the presence of abundant oilseed production in the region ensures supply stability, making Asia Pacific a dominant contributor to global cold-pressed oil market revenues.

Region with highest CAGR:

Over the forecast period, the North America region is anticipated to exhibit the highest CAGR, fueled by growing consumer demand for organic, non-GMO, and chemical-free oils. Health-conscious populations in the U.S. and Canada are increasingly adopting cold-pressed oils in cooking, skincare, and wellness products. The presence of established retail networks and strong e-commerce penetration is accelerating product accessibility. Moreover, rising vegan and plant-based dietary trends complement the demand for cold-pressed oils. These factors collectively position North America as the fastest-growing regional market.

Key players in the market

Some of the key players in Cold Pressed Oil Market include Wilmar International Ltd., Archer Daniels Midland Company (ADM), Bunge Limited, Cargill, Inc., COFCO Group / China Agri-Industries, Statfold Seed Oils Ltd., Spectrum Organic Products LLC, La Tourangelle, Nutiva, Inc., Borges International Group (Aceites Borges), Salov / Filippo Berio, Colavita S.p.A., Olivado (New Zealand), FreshMill / FreshMills, Naissance, Gramiyum, Chosen Foods, and FreshMill Oils.

Key Developments:

In July 2025, COFCO International shipped its first soybeans certified under its Responsible Agriculture Standard to Thailand, an upstream oilseeds supply chain development with implications for edible oil inputs.

In June 2025, Wilmar agreed to acquire PZ Cussons' 50% stake in the PZ Wilmar joint venture (brands Mamador and Devon King's) for US\$70 million, consolidating its Nigeria edible-oils business and planning continued upstream and downstream development in palm oils.

Product Types Covered:

Coconut Oil

Groundnut Oil

Palm Oil

Rapeseed Oil

Soybean Oil

Sunflower Oil

Other Product Types

Packaging Types Covered:

Bottles

Cans

Pouches

Other Packaging Types

Pack Sizes Covered:

500 mL

1 Liter

5 Liters

Other Pack Sizes

Distribution Channels Covered:

Business-to-Business (B2B)

Business-to-Consumer (B2C)

Applications Covered:

Food & Beverages

Cosmetics & Personal Care

Pharmaceuticals

Other Applications

Regions Covered:

North America

US

Canada

Mexico

Europe

Germany

UK

Italy

France

Spain

Rest of Europe

Asia Pacific

Japan

China

India

Australia

New Zealand

South Korea

Rest of Asia Pacific

South America

Argentina

Brazil

Chile

Rest of South America

Middle East & Africa

Saudi Arabia

UAE

Qatar

South Africa

Rest of Middle East & Africa

What our report offers:

- Market share assessments for the regional and country-level segments
- Strategic recommendations for the new entrants
- Covers Market data for the years 2024, 2025, 2026, 2028, and 2032
- Market Trends (Drivers, Constraints, Opportunities, Threats, Challenges, Investment Opportunities, and recommendations)
- Strategic recommendations in key business segments based on the market estimations
- Competitive landscaping mapping the key common trends
- Company profiling with detailed strategies, financials, and recent developments
- Supply chain trends mapping the latest technological advancements

Free Customization Offerings:

All the customers of this report will be entitled to receive one of the following free customization options:

Company Profiling

Comprehensive profiling of additional market players (up to 3)

SWOT Analysis of key players (up to 3)

Regional Segmentation

Market estimations, Forecasts and CAGR of any prominent country as per the client's interest (Note: Depends on feasibility check)

Competitive Benchmarking

Benchmarking of key players based on product portfolio, geographical

presence, and strategic alliances

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Note: Tables for North America, Europe, APAC, South America, and Middle East & Africa Regions are also represented in the same manner as above.

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