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Cooking Oils and Fats Market Forecasts to 2032 – Global Analysis By Product Type (Vegetable Oils, Animal Fats, Blended Oils and Margarine & Shortenings), Source, Packaging Type, Form, Application and By Geography

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Abstracts

According to Stratistics MRC, the Global Cooking Oils and Fats Market is accounted for $91.6 billion in 2025 and is expected to reach $141.7 billion by 2032 growing at a CAGR of 6.4% during the forecast period. Cooking oils and fats are edible substances derived from plant or animal sources, used in food preparation for frying, baking, sauteing, and flavor enhancement. They play a vital role in cooking by acting as heat transfer mediums and contributing to the texture and taste of food. Common types include vegetable oils, butter, ghee, lard, and margarine. These products vary in composition, such as saturated and unsaturated fats, and offer nutritional value, depending on their source and processing methods.

Market Dynamics:

Driver:

Increasing awareness of health-oriented edible oils

Growing consumer awareness of the health benefits of oils like olive and avocado is driving market demand. Health-conscious diets emphasize low-cholesterol and heart-healthy cooking oils, boosting their adoption. Educational campaigns on the risks of trans fats encourage consumers to choose healthier alternatives. The rise of fitness trends promotes the use of oils rich in omega-3 and other nutrients. Food manufacturers are innovating to offer healthier oil-based products, expanding market reach.

Government guidelines promoting healthy eating habits further propel demand for nutritious cooking oils.

Restraint:

Volatility in raw material prices

Fluctuating prices of oilseeds like soybean and sunflower impact the cost of cooking oil production. Unpredictable weather conditions affect crop yields, leading to supply chain uncertainties. Rising production costs due to raw material price hikes challenge manufacturers' profitability. The dependency on agricultural commodities makes the market vulnerable to global trade disruptions. Price volatility discourages long-term contracts, affecting market stability. Manufacturers struggle to maintain affordable pricing amid fluctuating raw material costs.

Opportunity:

Growing popularity of plant-based and vegan diets

The rise of plant-based diets is increasing demand for vegetable and seed-based cooking oils. Vegan consumers seek oils free from animal-derived ingredients, boosting market opportunities. Innovations in plant-based oil blends cater to diverse culinary preferences. The trend toward sustainable and ethical food choices drives demand for eco-friendly oils. Foodservice industries are adopting plant-based oils to meet vegan customer demands. The growing popularity of veganism opens new avenues for premium and organic oil products.

Threat:

Adulteration and quality concerns in developing markets

Adulteration of cooking oils with low-quality substitutes undermines consumer trust in developing regions. Lack of stringent regulations in some markets allows substandard products to proliferate. Quality concerns discourage consumers from purchasing unfamiliar or unbranded oils. The presence of counterfeit products damages the reputation of established oil brands. Inconsistent quality standards across regions hinder market growth in developing economies. Consumer skepticism about oil purity limits adoption of new products.

Covid-19 Impact:

The COVID-19 pandemic disrupted oilseed supply chains, causing temporary shortages of cooking oils. Lockdowns increased home cooking, boosting retail demand for cooking oils and fats. However, reduced foodservice operations led to a decline in bulk oil purchases. The crisis highlighted the need for resilient supply chains to ensure oil availability. Growing health awareness during the pandemic spurred demand for premium and organic oils. Post-pandemic recovery has driven investments in sustainable oil production and packaging.

The vegetable oils segment is expected to be the largest during the forecast period

The vegetable oils segment is expected to account for the largest market share during the forecast period, due to its widespread use in households and food industries. Oils like soybean, canola, and sunflower are preferred for their versatility and affordability. Increasing consumer preference for plant-based oils drives this segment's market share. Advances in oil extraction technologies enhance the quality and yield of vegetable oils. Health campaigns promoting low-saturated-fat oils support segment growth. The segment benefits from strong supply chains and established distribution networks.

The plant-based segment is expected to have the highest CAGR during the forecast period

Over the forecast period, the plant-based segment is predicted to witness the highest growth rate, due to rising vegan and vegetarian dietary trends. Innovations in plant-based oil blends, such as flaxseed and hemp, attract health-conscious consumers. The segment benefits from growing demand for organic and non-GMO oils. Sustainability trends encourage the adoption of eco-friendly plant-based oils. Food manufacturers are expanding plant-based oil offerings to meet diverse consumer preferences. The rise of clean-label products further accelerates this segment's growth.

Region with largest share:

During the forecast period, the Asia Pacific region is expected to hold the largest market share, due to its high population and culinary diversity. Countries like India and China drive demand for oils used in traditional and modern cuisines. Rapid urbanization increases consumption of processed foods, boosting oil demand. The region's strong agricultural base ensures a steady supply of oilseeds. Growing disposable incomes

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enable consumers to purchase premium and health-oriented oils. Government support for oilseed production strengthens the region's market dominance.

Region with highest CAGR:

Over the forecast period, the North America region is anticipated to exhibit the highest CAGR, driven by increasing demand for healthy and organic cooking oils. The region's consumers are shifting toward oils with low trans fats and high nutritional value. Innovations in sustainable oil production align with North America's environmental focus. The rise of plant-based diets in the U.S. and Canada fuels market growth. Health awareness campaigns promote the adoption of premium oils like olive and avocado. Strong retail and e-commerce channels support rapid market expansion.

Key players in the market

Some of the key players in Cooking Oils and Fats Market include Archer Daniels Midland Company, Wilmar International Limited, Bunge Limited, Cargill, Incorporated, Associated British Foods plc, Conagra Brands, Inc., Unilever PLC, Richardson International Limited, Ajinomoto Co., Inc., Marico Limited, Fuji Oil Holdings Inc., The Nisshin OilliO Group, Ltd., IFFCO Group, American Vegetable Oils, Inc., and Ventura Foods, LLC.

Key Developments:

In May 2025, Bunge unveiled the NutriCore Canola Oil, enriched with omega-3 fatty acids for heart health. This oil is designed for both retail and industrial applications, emphasizing nutritional benefits.

In April 2025, Cargill launched the PurePulse Olive Oil Line, a premium extra-virgin olive oil with enhanced antioxidant properties. This product targets health-conscious consumers and aligns with clean-label trends.

In March 2025, Wilmar introduced the EcoBlend Palm Oil, a sustainable palm oil variant certified for low environmental impact. The product caters to the growing demand for eco-friendly cooking oils in foodservice.

Product Types Covered:

- Vegetable Oils

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Animal Fats

Blended Oils

Margarine & Shortenings

Sources Covered:

Plant-Based

Animal-Based

Packaging Types Covered:

Bottles

Pouches

Cans

Jars

Forms Covered:

Liquid

Solid

Semi-solid

Applications Covered:

Household Cooking

Food Processing

Foodservice/HoReCa

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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Contents

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12 COMPANY PROFILING

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List Of Tables

LIST OF TABLES

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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