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# Soluble Dietary Fibers Market Forecasts to 2034 – Global Analysis By Source (Fruits & Vegetables, Cereals & Grains, Nuts & Seeds, Legumes and Other Sources), By Type (Inulin, Arabic Gum, Beta-Glucan and Other Types), Distribution Channel, Application and By Geography

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## Abstracts

According to Stratistics MRC, the Global Soluble Dietary Fibers Market is accounted for $5.1 billion in 2026 and is expected to reach $10.9 billion by 2034 growing at a CAGR of 9.8% during the forecast period. Soluble dietary fibers are compounds found in plant-based foods that dissolve in water, forming a gel-like substance. They include pectins, gums, and some hemicelluloses. These fibers play a crucial role in digestive health, as they can help regulate blood sugar levels and lower cholesterol. Common sources include fruits, vegetables, oats, and legumes, contributing to overall well-being and supporting a healthy gastrointestinal system.

According to a report published in September 2020 by Mintel titled “Patent Insights; dietary fibers in food and drinks,” 86% of US consumers have either tried or would be prepared to try high-fiber foods and beverages for digestive relief.

**Market Dynamics:**

**Driver:**

Growing popularity of functional foods and beverages

The growing popularity of functional foods and beverages serves as a key driver in the soluble dietary fiber market. As consumers increasingly prioritize health and wellness, there is a rising demand for products that offer additional nutritional benefits. Soluble dietary fibers, known for their positive impact on digestive health and overall well-being, are being incorporated into functional foods and beverages. This trend presents a lucrative opportunity for manufacturers to meet consumer preferences, drive product innovation, and capitalize on the expanding market for health-oriented and functional food and beverage products.

**Restraint:**

Higher production costs of certain soluble dietary fibers

The higher production costs of certain soluble dietary fibers constitute a significant restraint in the market. Production expenses can be elevated due to factors such as extraction processes, sourcing raw materials, and sophisticated manufacturing techniques. This results in increased overall product costs, potentially limiting affordability for both manufacturers and consumers. The economic challenges associated with high production costs may hinder market competitiveness and profitability. Additionally, pricing pressures in a competitive market may limit the adoption of soluble dietary fibers in various food products.

**Opportunity:**

Growing health awareness

Consumers are becoming more health-conscious, and due to this, there is an increasing demand for products that offer nutritional benefits. Soluble dietary fibers, known for their positive impact on digestive health, weight management, and cholesterol levels, align with this trend. Manufacturers can capitalize on this opportunity by promoting the health benefits of soluble dietary fiber, thereby catering to the rising consumer interest in holistic well-being.

**Threat:**

Limited consumer awareness and misconceptions

Limited consumer awareness and misconceptions pose significant restraints in the soluble dietary fiber market. Many consumers lack awareness of the health benefits and sources of soluble dietary fibers, hindering market growth. Misconceptions about their

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role, potential side effects, or effectiveness further contribute to reluctance toward adoption.

**Covid-19 Impact:**

The soluble dietary fiber market has experienced both challenges and opportunities amid the COVID-19 pandemic. While disruptions in supply chains and production were observed, increased consumer focus on health and immunity has driven demand for functional foods, including those containing soluble dietary fibers. Manufacturers adapting to changing consumer preferences and leveraging online platforms for distribution have navigated the challenges, indicating resilience and potential growth in the post-pandemic era.

The fruits & vegetables segment is expected to be the largest during the forecast period

The fruits and vegetables segment is anticipated to be the largest during the forecast period due to growing consumer awareness of the health benefits associated with these food categories. Increasing adoption of a healthy lifestyle, an emphasis on natural and organic products, and rising demand for fresh produce contribute to the dominance of this segment. With consumers prioritizing nutritious options, the fruits and vegetables segment is expected to experience sustained growth, reflecting a significant share in the overall market.

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

The online stores segment is projected to achieve lucrative growth during the forecast period. This is attributed to the increasing consumer preference for online shopping, convenience, and a broader product range. Factors such as digitalization, easy accessibility, and competitive pricing contribute to the rapid growth of online stores in various sectors. As e-commerce continues to expand globally, the online store segment is anticipated to experience substantial growth, outpacing other distribution channels.

**Region with largest share:**

North America is poised to lead the soluble dietary fiber market, driven by a heightened focus on health-conscious lifestyles and a surge in demand for functional food ingredients. The region's well-established food and beverage industry, coupled with robust consumer awareness of dietary health, positions it as a dominant market force.

Increasing product innovations and a proactive approach toward incorporating soluble dietary fibers in various food products contribute to North America's dominance in fostering growth and advancements in the soluble dietary fibers sector.

**Region with highest CAGR:**

The Asia Pacific region is anticipated to witness rapid growth in the soluble dietary fiber market due to increasing awareness of health and wellness, coupled with a rising prevalence of lifestyle-related diseases. Changing dietary patterns and a growing middle-class population seeking functional food options contribute to market expansion. The region's food and beverage industry's responsiveness to consumer preferences for healthier choices further propels the demand for soluble dietary fibers, positioning the Asia Pacific as a key player in the flourishing market.

**Key players in the market**

Some of the key players in soluble dietary fibers market include Archer Daniels Midland Company, Beneo GmbH, Cargill, Incorporated, Cosucra Groupe Warcoing SA, DuPont de Nemours, Inc., Fibersol LLC, Fiberstar, Inc., Grain Processing Corporation, Ingredion Incorporated, Kerry Group plc, Lonza Group AG, Nexira SAS, Roquette Fr?res, S?dzucker AG, Taiyo International Inc., Tate & Lyle PLC and Tereos S.A.

**Key Developments:**

In October 2023, Tate & Lyle PLC (Tate & Lyle), a world leader in ingredient solutions for healthier food and beverages, announces a major investment programme in its corn wet mill in Boler?z, Slovakia, to establish new capacity for its leading non-GMO PROMITOR ® Soluble Fibres. The production of fibres during the first phase of the programme will start in mid-2024, representing a €25 million investment. This programme is expected to significantly increase Tate & Lyle’s fibre capacity to serve both its European and global customer base.

In July 2021, Cargill is investing $45 million to add soluble fibers to its European portfolio of starches, sweeteners and texturizers. While the move marks the company’s first entry into the European soluble fiber market, Cargill is already a significant player in the sugar-reduction space, with a full line of sweeteners – ranging from full@@- @@to no-calorie. The new soluble fibers round out that portfolio, enabling the company to offer customers complete sugar-reduction solutions.

Sources Covered:

- Fruits & Vegetables
- Cereals & Grains
- Nuts & Seeds
- Legumes
- Other Sources

Types Covered:

- Inulin
- Arabic Gum
- Beta-Glucan
- Fructooligosaccharides (FOS)
- Guar Gum
- Pectin
- Other Types

Distribution Channels Covered:

- Online Stores
- Hypermarkets & Supermarkets
- Convenience Stores
- Specialty Stores

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Other Distribution Channels

Applications Covered:

Food & Beverages

Animal Feed

Pharmaceuticals

Dietary Supplements

Personal Care & Cosmetics

Other Applications

Regions Covered:

North America

US

Canada

Mexico

Europe

Germany

UK

Italy

France

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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 2023, 2024, 2025, 2026, 2027, 2028, 2030, 2032 and 2034
- 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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