

# **Diabetic Food Market ? Global Industry Size, Share, Trends, Opportunity, and Forecast, Segmented By Product Type (Baked Products, Beverages, Confectionery, Ice Cream, Dairy Products and Breakfast Cereals), By Distribution Channel (Grocery Stores, Supermarkets/Hypermarkets, Online, Drug Stores/Pharmacies and Others), By Age Group (below 28, 28 and above), By Region & Competition, 2021-2031F**

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## **Abstracts**

The Global Diabetic Food Market is projected to expand from USD 14.13 Billion in 2025 to USD 20.23 Billion by 2031, reflecting a CAGR of 6.16%. These specialized dietary products are designed to help individuals manage blood glucose levels by utilizing reduced carbohydrate and sugar formulations, often incorporating alternative sweeteners and low-glycemic ingredients. The market's growth is primarily driven by the alarming rise in global diabetes prevalence and an aging population increasingly prone to metabolic disorders, alongside a surge in health consciousness that has broadened the consumer base to include those seeking preventative lifestyle measures.

Despite strong demand, the sector encounters significant hurdles due to the high costs involved in using advanced sugar substitutes and specialized manufacturing techniques, which lead to premium retail prices that restrict accessibility in price-sensitive areas. According to the International Diabetes Federation, there were approximately 589 million adults aged 20 to 79 living with diabetes globally in 2024, a statistic that underscores the immense potential of this market if economic barriers preventing widespread access can be effectively overcome.

## Market Driver

The rising global prevalence of diabetes and pre-diabetic conditions serves as the central force propelling the growth of the Global Diabetic Food Market, fundamentally shifting consumption habits toward specialized dietary products. As diagnosis rates climb, a growing demographic is required to adopt rigorous glycemic control regimens, necessitating the daily inclusion of foods made with complex carbohydrates and alternative sweeteners. This urgency is highlighted by recent epidemiological findings from *The Lancet* in November 2024, which revealed that the number of adults living with diabetes globally reached an estimated 828 million in 2022, underscoring the critical need for accessible nutritional options for this population.

Concurrently, the increasing incidence of obesity and sedentary lifestyles has broadened the market's focus from solely disease management to active prevention, as consumers increasingly link weight control with metabolic well-being. Since excess body weight is a major risk factor for type 2 diabetes, health-conscious individuals are seeking functional foods that reduce caloric intake without sacrificing taste, driving demand for sugar-reduced products. According to the World Obesity Federation's 'World Obesity Atlas 2024', the number of adults with obesity is expected to reach 1.53 billion by 2035, fueling long-term demand for dietary interventions; manufacturers are responding, as seen in Tate & Lyle's 'Annual Report 2024', which noted the removal of 7.9 million tonnes of sugar from diets via their low-calorie solutions.

## Market Challenge

A major obstacle hindering the Global Diabetic Food Market is the high cost of production, which necessitates premium retail pricing for end consumers. Creating products with advanced sugar substitutes and low-glycemic ingredients involves more expensive raw materials and complex manufacturing processes than those used for conventional foods. This results in elevated price points that restrict product accessibility, especially in low- and middle-income regions where consumers are price-sensitive, forcing many in the target demographic to depend on less effective, standard food options instead of specialized dietary solutions.

This issue of affordability is further exacerbated by the substantial financial strain already placed on patients managing diabetes. The need to pay for essential medical treatments often depletes discretionary income, leaving little room for high-cost nutritional alternatives. According to the International Diabetes Federation, diabetes

accounted for an estimated USD 1.015 trillion in global health expenditure in 2024. This profound financial burden on the patient population directly curbs the demand for premium diabetic foods and impedes the market's growth in economically constrained geographies.

## **Market Trends**

The incorporation of functional ingredients, such as fiber and prebiotics, is transforming product formulations as consumers increasingly seek multi-benefit solutions that offer more than just glycemic control. Manufacturers are enhancing diabetic-friendly foods with gut-health promoting fibers and resistant starches to improve satiety and replicate the metabolic advantages of weight-management drugs, marking a shift from subtractive nutrition to additive strategies that support overall metabolic health. The commercial strength of this segment is evident, with ADM reporting in their 'Fourth Quarter and Full-Year 2024 Results' that their Nutrition segment's operating profit reached USD 88 million, highlighting the resilience and recovering demand for specialized bioactive ingredients.

At the same time, the adoption of natural sweeteners like stevia and monk fruit is gaining momentum as diabetic consumers move away from artificial additives in favor of clean-label, plant-based alternatives. This trend is fueled by increasing scrutiny of synthetic sweeteners and a growing preference for ingredients that provide a natural taste without affecting blood glucose levels, prompting producers to invest heavily in sustainable supply chains. Validating this commitment to responsible sourcing, Ingredion confirmed in its '2024 Sustainability Report' that 100% of its global stevia leaf supply achieved FSA Silver sustainability verification, emphasizing the importance of certified, nature-based supply chains in the current market.

## **Key Market Players**

Nestle S.A.

Unilever PLC

The Kellogg Company

The Coca-Cola Company

PepsiCo Inc.

Danone S.A.

Mondelez International, Inc.

Mars, Incorporated

Fifty 50 Foods, Inc.

Abbott Laboratories

## Report Scope

In this report, the Global Diabetic Food Market has been segmented into the following categories, in addition to the industry trends which have also been detailed below:

### Diabetic Food Market, By Product Type

Baked Products

Beverages

Confectionery

Ice Cream

Dairy Products and Breakfast Cereals

### Diabetic Food Market, By Distribution Channel

Grocery Stores

Supermarkets/Hypermarkets

Online

Drug Stores/Pharmacies and Others

## Diabetic Food Market, By Age Group

below 28

28 and above

## Diabetic Food Market, By Region

North America

United States

Canada

Mexico

Europe

France

United Kingdom

Italy

Germany

Spain

Asia Pacific

China

India

Japan

Australia

South Korea

## South America

Brazil

Argentina

Colombia

## Middle East & Africa

South Africa

Saudi Arabia

UAE

## Competitive Landscape

Company Profiles: Detailed analysis of the major companies present in the Global Diabetic Food Market.

## Available Customizations:

Global Diabetic Food Market report with the given market data, TechSci Research offers customizations according to a company's specific needs. The following customization options are available for the report:

## Company Information

Detailed analysis and profiling of additional market players (up to five).

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