

# **Clinical Nutrition Market – Global Industry Size, Share, Trends, Opportunity, and Forecast, Segmented By Route of Administration (Oral, Intravenous), By Nutrition Type (Enteral Nutrition, Parental Nutrition), By Application (Metabolic Disorders, Eating Disorders, Stages of Development and Recovery, Others), By End User (Infant & Child, Adults, Geriatrics), By Substrates (Energy, Carbohydrates, Lipids, Proteins & amino acids, Water & electrolyte, Dietary fiber, Antioxidants), By Region & Competition, 2021-2031F**

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## **Abstracts**

The Global Clinical Nutrition Market is anticipated to expand from USD 34.09 billion in 2025 to USD 48.38 billion by 2031, reflecting a compound annual growth rate (CAGR) of 6.01%. This market involves specialized nutritional services and products designed for people who cannot fulfill their dietary needs through regular food due to medical conditions, injuries, or illnesses. The sector's growth is fueled by the rising worldwide rate of chronic illnesses, a growing elderly demographic in need of nutritional care, and increased recognition among medical experts of the importance of nutrition in improving patient recovery. Highlighting this global interest, the 47th ESPEN Congress on Clinical Nutrition and Metabolism in 2025 hosted over 4,700 international attendees, according to the European Society for Clinical Nutrition and Metabolism.

Market growth is also stimulated by innovations in nutritional formulas and the wider availability of at-home nutritional treatments. Nevertheless, a major obstacle hindering

further market development is the steep expense of specialized clinical nutrition items combined with the complexity of their administration, which restricts both affordability and access across various healthcare systems around the world.

## **Market Driver**

The Global Clinical Nutrition Market is largely driven by the rising incidence of chronic illnesses globally. Diseases like cancer, diabetes, and gastrointestinal issues frequently cause challenges with standard food consumption, heightened metabolic needs, or poor nutrient absorption, creating a need for dedicated nutritional assistance. As these health challenges place a heavier strain on medical systems, clinical nutrition becomes increasingly vital for enhancing patient recovery, management, and quality of life. Highlighting this issue, a March 2026 infographic of 2024 data from the American Heart Association revealed that 29.3 million US adults had diabetes, an illness that often demands specialized nutritional products and dietary plans to control blood sugar and avoid complications. Consequently, the need for customized nutritional solutions tailored to specific diseases continuously spurs market growth and innovation.

The expanding elderly population serves as another crucial market driver, as older adults are highly vulnerable to age-related chronic diseases, sarcopenia, and malnutrition. Aging brings physiological changes, decreased appetite, and the use of multiple medications, all of which complicate dietary needs and make clinical nutrition vital for preserving independence and overall well-being. This shift in demographics accelerates the need for nutrient-rich, easy-to-consume products formulated specifically for seniors. Demonstrating this high demand, Danone S.A. reported in February 2026 that its medical nutrition division exceeded €1 billion in 2025 annual revenue. Ultimately, these combined health and demographic trends strongly support the market's ongoing expansion, as evidenced by Nestlé S.A.'s Health Science division generating CHF 6.6 billion in revenue during 2025.

## **Market Challenge**

A major hurdle limiting the expansion of the Global Clinical Nutrition Market is the steep expense of specialized nutritional products, coupled with the complicated procedures required to administer them. These issues directly hinder affordability and access within various healthcare systems around the world. Because these essential therapies demand a significant financial commitment, they frequently overwhelm public and private medical budgets, leading to limited insurance coverage or rationed care. As a result, numerous patients needing nutritional aid go without it, especially in areas

characterized by high out-of-pocket costs or underdeveloped medical infrastructures.

Even with established clinical benefits, the initial financial investment poses a persistent obstacle. A November 2025 report from the Academy of Nutrition and Dietetics indicated that medical nutrition therapy actually saves between \$638 and \$1,450 annually per patient by enhancing health outcomes. Nevertheless, the high upfront costs and complicated delivery methods, which frequently require specific equipment and trained personnel, still generate major barriers to patient access. Ultimately, this restricts the broader market reach and growth potential of clinical nutrition services, since many insurance payers and healthcare providers focus on the immediate expenses rather than the long-term financial benefits.

## **Market Trends**

A key trend strongly shaping the Global Clinical Nutrition Market is the growing shift toward personalized nutritional therapies. Moving away from standard, one-size-fits-all advice, this strategy tailors targeted treatments to individual patient characteristics, such as specific metabolic demands, microbiome makeup, and genetic tendencies. By supplying nutrients that perfectly match a patient's distinct physical needs, this customized method seeks to minimize negative side effects and maximize treatment success. Highlighting the industry's dedication to these sophisticated solutions, Nestlé S.A. revealed in a February 19, 2026 press release that it plans an extra CHF 0.6 billion investment in 2026 to broaden its growth initiatives, encompassing its Nutrition and Health Science branch.

The rising consumer interest in plant-based clinical nutrition is another major trend transforming the medical nutrition sector. Motivated by dietary habits, ethical values, and a greater understanding of food allergies, both medical professionals and patients are actively looking for vegetarian and vegan medical nutrition alternatives. This demand pushes producers to create new products utilizing plant-based micronutrients and alternative proteins, making specialized nutrition more accessible to a wider variety of patients. Nestlé S.A. demonstrated its commitment to this trend in March 2026 by launching Compleat Paediatric Oral Blends, a fruit-based medical nutrition line enriched with plant proteins that was first introduced in multiple European nations, perfectly illustrating the sector's adaptation to the growing desire for plant-derived clinical nutrition.

## **Key Market Players**

Abbott Laboratories

Nestle Health Science

Danone S.A.

Fresenius Kabi AG

Baxter International Inc.

B. Braun Melsungen AG

Pfizer Inc.

Perrigo Company plc

Mead Johnson Nutrition Company

Hero Nutritionals Inc

## **Report Scope**

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

Clinical Nutrition Market, By Route of Administration

Oral

Intravenous

Clinical Nutrition Market, By Nutrition Type

Enteral Nutrition

Parental Nutrition

Clinical Nutrition Market, By Application

Metabolic Disorders

Eating Disorders

Stages of Development and Recovery

Others

Clinical Nutrition Market, By End User

Infant & Child

Adults

Geriatrics

Clinical Nutrition Market, By Substrates

Energy

Carbohydrates

Lipids

Proteins & amino acids

Water & electrolyte

Dietary fiber

Antioxidants

Clinical Nutrition 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 Clinical Nutrition Market.

### **Available Customizations:**

Global Clinical Nutrition 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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