

Low-Fat-Low-Calorie Dessert Market - Global Industry Size, Share, Trends, Opportunity and Forecast, By Product Category (Dairy Dessert, Frozen Dessert, Baked Dessert, Confectionery Dessert), By Target Consumer (Weight-Conscious Individuals, Diabetics, Health-Conscious Consumers), By Distribution Channel (Supermarket & Hypermarket, Convenience Stores, Online, Others), By Region & Competition, 2021-2031F

<https://marketpublishers.com/r/LECEBD8ACE61EN.html>

Date: January 2026

Pages: 185

Price: US\$ 4,500.00 (Single User License)

ID: LECEBD8ACE61EN

Abstracts

The Global Low-Fat-Low-Calorie Dessert Market is projected to expand from USD 19.23 Billion in 2025 to USD 30.33 Billion by 2031, reflecting a compound annual growth rate (CAGR) of 7.89%. These specialized food products are designed to decrease total energy intake by replacing conventional ingredients like fats and sugars with lower-calorie alternatives, all while sustaining desirable sensory qualities. Market growth is primarily driven by a worldwide focus on preventative health strategies and the increasing incidence of lifestyle-related conditions like diabetes and obesity, prompting consumers to search for guilt-free treats. This shift is evident in consumer attitudes toward ingredient management; for instance, the International Food Information Council reported in 2025 that 75% of Americans were actively attempting to reduce or avoid sugar intake.

One major obstacle restricting wider market growth is the high cost structure involved in reformulating products with sophisticated texturizers and sweeteners. These specialized ingredients typically cost more than standard sugar and fat, compelling manufacturers to raise retail prices and thereby limiting accessibility for budget-conscious consumer

groups.

Market Driver

The rising global incidence of obesity and lifestyle-related chronic diseases acts as the main driver for the Global Low-Fat-Low-Calorie Dessert Market. As health concerns related to weight escalate worldwide, consumers are increasingly focusing on preventative dietary steps, generating urgent demand for reformulated indulgence items that meet medical guidelines. The World Obesity Federation's 'World Obesity Atlas 2024', released in March 2024, forecasts that 51% of the global population will be overweight or obese by 2035 if current trends continue. This intensifying health crisis has prompted strict government actions to lower population-level calorie consumption, further pushing manufacturers to adjust their offerings. For example, the World Health Organization noted in 2024 that 115 Member States had enacted national fiscal policies, including taxes on sugar-sweetened drinks, to deter high-calorie food consumption, forcing brands to shift from niche diet products to mainstream, health-aware dessert lines.

Simultaneously, technological progress in natural sweetener and fat-replacement solutions is facilitating market growth by resolving the sensory drawbacks historically linked to healthy desserts. Manufacturers are employing advanced processing methods and innovative ingredients to mimic the taste and mouthfeel of standard sugar and fat without the high calorie count. According to an August 2024 article by Ingredion titled 'AI drives Ingredion's beverage sweetener innovation', the firm used AI-assisted predictive modeling to create new sugar reduction strategies capable of cutting sugar by up to 50% while preserving preferred taste characteristics. Such breakthroughs are essential for maintaining consumer loyalty, enabling the production of clean-label, guilt-free treats that offer sensory enjoyment and ensuring these desserts can compete effectively with traditional indulgences for long-term adoption.

Market Challenge

The high costs associated with product reformulation represent a significant hurdle to the expansion of the Global Low-Fat-Low-Calorie Dessert Market. Creating products that replicate the texture and flavor of conventional desserts without relying on standard sugars and fats necessitates the use of specialized substitutes, which often come at a premium compared to basic commodities. As a result, manufacturers incur increased operational costs and must raise final retail prices to maintain profit margins. This price gap renders healthier alternatives less appealing to a wide range of budget-sensitive

consumers who might otherwise consider transitioning from standard desserts.

This economic strain is further intensified by general inflationary trends within the manufacturing industry, compounding the challenge of maintaining affordability for premium health products. Data from the Food and Drink Federation indicates that in 2025, food and drink manufacturers experienced a 5.0% increase in production costs over the previous year. These escalating input costs compel companies to transfer the financial burden to consumers, widening the price difference between regular indulgent treats and low-calorie versions. Consequently, the market's reach is largely confined to affluent demographics, effectively limiting the sector's potential for volume growth.

Market Trends

The rise of plant-based and vegan alternatives is transforming the market as consumers increasingly favor dairy-free formulations driven by ethical considerations and lactose intolerance. Instead of simple substitutions, manufacturers are utilizing advanced bases such as oat and coconut milk to create creamy, low-fat frozen novelties and baked goods that replicate the sensory experience of traditional dairy. This transition is gaining substantial commercial momentum, growing faster than the broader category by attracting both vegans and flexitarians looking for healthier treats. According to the '2024 State of the Industry' report by The Good Food Institute in April 2025, retail sales of plant-based baked goods and desserts in the United States rose by 13% in 2024, indicating a strong consumer move toward these non-dairy choices.

At the same time, the widespread adoption of single-serve and portion-controlled packaging is becoming a key strategy to aid calorie management through volume limits rather than just ingredient changes. This trend supports the expanding 'mindful snacking' movement, enabling consumers to indulge in premium, full-flavor treats like 100-calorie packs or miniature ice cream bars within specific caloric boundaries. This format alleviates the guilt linked to indulgence and removes the necessity for consumers to measure servings manually. The demand for such pre-portioned options is significant; the 'Sixth Annual State of Snacking' report by Mondelez International in June 2025 revealed that 69% of global consumers actively seek portion-controlled snacks to better align enjoyment with their wellness objectives.

Key Market Players

Mondelez International

Kraft Heinz

Nestle S.A.

Unilever Plc

The Hershey Company

Noto

SKKY Desserts Pvt Ltd

Ami Ice Cream

The Brooklyn Creamery

Dreyer's Grand Ice Cream, Inc.

Report Scope

In this report, the Global Low-Fat-Low-Calorie Dessert Market has been segmented into the following categories, in addition to the industry trends which have also been detailed below:

Low-Fat-Low-Calorie Dessert Market, By Product Category

Dairy Dessert

Frozen Dessert

Baked Dessert

Confectionery Dessert

Low-Fat-Low-Calorie Dessert Market, By Target Consumer

Weight-Conscious Individuals

Diabetics

Health-Conscious Consumers

Low-Fat-Low-Calorie Dessert Market, By Distribution Channel

Supermarket & Hypermarket

Convenience Stores

Online

Others

Low-Fat-Low-Calorie Dessert 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 Low-Fat-Low-Calorie Dessert Market.

Available Customizations:

Global Low-Fat-Low-Calorie Dessert 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).

Contents

1. PRODUCT OVERVIEW

- 1.1. Market Definition
- 1.2. Scope of the Market
 - 1.2.1. Markets Covered
 - 1.2.2. Years Considered for Study
 - 1.2.3. Key Market Segmentations

2. RESEARCH METHODOLOGY

- 2.1. Objective of the Study
- 2.2. Baseline Methodology
- 2.3. Key Industry Partners
- 2.4. Major Association and Secondary Sources
- 2.5. Forecasting Methodology
- 2.6. Data Triangulation & Validation
- 2.7. Assumptions and Limitations

3. EXECUTIVE SUMMARY

- 3.1. Overview of the Market
- 3.2. Overview of Key Market Segmentations
- 3.3. Overview of Key Market Players
- 3.4. Overview of Key Regions/Countries
- 3.5. Overview of Market Drivers, Challenges, Trends

4. VOICE OF CUSTOMER

5. GLOBAL LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

- 5.1. Market Size & Forecast
 - 5.1.1. By Value
- 5.2. Market Share & Forecast
 - 5.2.1. By Product Category (Dairy Dessert, Frozen Dessert, Baked Dessert, Confectionery Dessert)
 - 5.2.2. By Target Consumer (Weight-Conscious Individuals, Diabetics, Health-Conscious Consumers)

5.2.3. By Distribution Channel (Supermarket & Hypermarket, Convenience Stores, Online, Others)

5.2.4. By Region

5.2.5. By Company (2025)

5.3. Market Map

6. NORTH AMERICA LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

6.1. Market Size & Forecast

6.1.1. By Value

6.2. Market Share & Forecast

6.2.1. By Product Category

6.2.2. By Target Consumer

6.2.3. By Distribution Channel

6.2.4. By Country

6.3. North America: Country Analysis

6.3.1. United States Low-Fat-Low-Calorie Dessert Market Outlook

6.3.1.1. Market Size & Forecast

6.3.1.1.1. By Value

6.3.1.2. Market Share & Forecast

6.3.1.2.1. By Product Category

6.3.1.2.2. By Target Consumer

6.3.1.2.3. By Distribution Channel

6.3.2. Canada Low-Fat-Low-Calorie Dessert Market Outlook

6.3.2.1. Market Size & Forecast

6.3.2.1.1. By Value

6.3.2.2. Market Share & Forecast

6.3.2.2.1. By Product Category

6.3.2.2.2. By Target Consumer

6.3.2.2.3. By Distribution Channel

6.3.3. Mexico Low-Fat-Low-Calorie Dessert Market Outlook

6.3.3.1. Market Size & Forecast

6.3.3.1.1. By Value

6.3.3.2. Market Share & Forecast

6.3.3.2.1. By Product Category

6.3.3.2.2. By Target Consumer

6.3.3.2.3. By Distribution Channel

7. EUROPE LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

- 7.1. Market Size & Forecast
 - 7.1.1. By Value
- 7.2. Market Share & Forecast
 - 7.2.1. By Product Category
 - 7.2.2. By Target Consumer
 - 7.2.3. By Distribution Channel
 - 7.2.4. By Country
- 7.3. Europe: Country Analysis
 - 7.3.1. Germany Low-Fat-Low-Calorie Dessert Market Outlook
 - 7.3.1.1. Market Size & Forecast
 - 7.3.1.1.1. By Value
 - 7.3.1.2. Market Share & Forecast
 - 7.3.1.2.1. By Product Category
 - 7.3.1.2.2. By Target Consumer
 - 7.3.1.2.3. By Distribution Channel
 - 7.3.2. France Low-Fat-Low-Calorie Dessert Market Outlook
 - 7.3.2.1. Market Size & Forecast
 - 7.3.2.1.1. By Value
 - 7.3.2.2. Market Share & Forecast
 - 7.3.2.2.1. By Product Category
 - 7.3.2.2.2. By Target Consumer
 - 7.3.2.2.3. By Distribution Channel
 - 7.3.3. United Kingdom Low-Fat-Low-Calorie Dessert Market Outlook
 - 7.3.3.1. Market Size & Forecast
 - 7.3.3.1.1. By Value
 - 7.3.3.2. Market Share & Forecast
 - 7.3.3.2.1. By Product Category
 - 7.3.3.2.2. By Target Consumer
 - 7.3.3.2.3. By Distribution Channel
 - 7.3.4. Italy Low-Fat-Low-Calorie Dessert Market Outlook
 - 7.3.4.1. Market Size & Forecast
 - 7.3.4.1.1. By Value
 - 7.3.4.2. Market Share & Forecast
 - 7.3.4.2.1. By Product Category
 - 7.3.4.2.2. By Target Consumer
 - 7.3.4.2.3. By Distribution Channel
 - 7.3.5. Spain Low-Fat-Low-Calorie Dessert Market Outlook
 - 7.3.5.1. Market Size & Forecast

- 7.3.5.1.1. By Value
- 7.3.5.2. Market Share & Forecast
 - 7.3.5.2.1. By Product Category
 - 7.3.5.2.2. By Target Consumer
 - 7.3.5.2.3. By Distribution Channel

8. ASIA PACIFIC LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

- 8.1. Market Size & Forecast
 - 8.1.1. By Value
- 8.2. Market Share & Forecast
 - 8.2.1. By Product Category
 - 8.2.2. By Target Consumer
 - 8.2.3. By Distribution Channel
 - 8.2.4. By Country
- 8.3. Asia Pacific: Country Analysis
 - 8.3.1. China Low-Fat-Low-Calorie Dessert Market Outlook
 - 8.3.1.1. Market Size & Forecast
 - 8.3.1.1.1. By Value
 - 8.3.1.2. Market Share & Forecast
 - 8.3.1.2.1. By Product Category
 - 8.3.1.2.2. By Target Consumer
 - 8.3.1.2.3. By Distribution Channel
 - 8.3.2. India Low-Fat-Low-Calorie Dessert Market Outlook
 - 8.3.2.1. Market Size & Forecast
 - 8.3.2.1.1. By Value
 - 8.3.2.2. Market Share & Forecast
 - 8.3.2.2.1. By Product Category
 - 8.3.2.2.2. By Target Consumer
 - 8.3.2.2.3. By Distribution Channel
 - 8.3.3. Japan Low-Fat-Low-Calorie Dessert Market Outlook
 - 8.3.3.1. Market Size & Forecast
 - 8.3.3.1.1. By Value
 - 8.3.3.2. Market Share & Forecast
 - 8.3.3.2.1. By Product Category
 - 8.3.3.2.2. By Target Consumer
 - 8.3.3.2.3. By Distribution Channel
 - 8.3.4. South Korea Low-Fat-Low-Calorie Dessert Market Outlook
 - 8.3.4.1. Market Size & Forecast

- 8.3.4.1.1. By Value
- 8.3.4.2. Market Share & Forecast
 - 8.3.4.2.1. By Product Category
 - 8.3.4.2.2. By Target Consumer
 - 8.3.4.2.3. By Distribution Channel
- 8.3.5. Australia Low-Fat-Low-Calorie Dessert Market Outlook
 - 8.3.5.1. Market Size & Forecast
 - 8.3.5.1.1. By Value
 - 8.3.5.2. Market Share & Forecast
 - 8.3.5.2.1. By Product Category
 - 8.3.5.2.2. By Target Consumer
 - 8.3.5.2.3. By Distribution Channel

9. MIDDLE EAST & AFRICA LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

- 9.1. Market Size & Forecast
 - 9.1.1. By Value
- 9.2. Market Share & Forecast
 - 9.2.1. By Product Category
 - 9.2.2. By Target Consumer
 - 9.2.3. By Distribution Channel
 - 9.2.4. By Country
- 9.3. Middle East & Africa: Country Analysis
 - 9.3.1. Saudi Arabia Low-Fat-Low-Calorie Dessert Market Outlook
 - 9.3.1.1. Market Size & Forecast
 - 9.3.1.1.1. By Value
 - 9.3.1.2. Market Share & Forecast
 - 9.3.1.2.1. By Product Category
 - 9.3.1.2.2. By Target Consumer
 - 9.3.1.2.3. By Distribution Channel
 - 9.3.2. UAE Low-Fat-Low-Calorie Dessert Market Outlook
 - 9.3.2.1. Market Size & Forecast
 - 9.3.2.1.1. By Value
 - 9.3.2.2. Market Share & Forecast
 - 9.3.2.2.1. By Product Category
 - 9.3.2.2.2. By Target Consumer
 - 9.3.2.2.3. By Distribution Channel
 - 9.3.3. South Africa Low-Fat-Low-Calorie Dessert Market Outlook

- 9.3.3.1. Market Size & Forecast
 - 9.3.3.1.1. By Value
- 9.3.3.2. Market Share & Forecast
 - 9.3.3.2.1. By Product Category
 - 9.3.3.2.2. By Target Consumer
 - 9.3.3.2.3. By Distribution Channel

10. SOUTH AMERICA LOW-FAT-LOW-CALORIE DESSERT MARKET OUTLOOK

- 10.1. Market Size & Forecast
 - 10.1.1. By Value
- 10.2. Market Share & Forecast
 - 10.2.1. By Product Category
 - 10.2.2. By Target Consumer
 - 10.2.3. By Distribution Channel
 - 10.2.4. By Country
- 10.3. South America: Country Analysis
 - 10.3.1. Brazil Low-Fat-Low-Calorie Dessert Market Outlook
 - 10.3.1.1. Market Size & Forecast
 - 10.3.1.1.1. By Value
 - 10.3.1.2. Market Share & Forecast
 - 10.3.1.2.1. By Product Category
 - 10.3.1.2.2. By Target Consumer
 - 10.3.1.2.3. By Distribution Channel
 - 10.3.2. Colombia Low-Fat-Low-Calorie Dessert Market Outlook
 - 10.3.2.1. Market Size & Forecast
 - 10.3.2.1.1. By Value
 - 10.3.2.2. Market Share & Forecast
 - 10.3.2.2.1. By Product Category
 - 10.3.2.2.2. By Target Consumer
 - 10.3.2.2.3. By Distribution Channel
 - 10.3.3. Argentina Low-Fat-Low-Calorie Dessert Market Outlook
 - 10.3.3.1. Market Size & Forecast
 - 10.3.3.1.1. By Value
 - 10.3.3.2. Market Share & Forecast
 - 10.3.3.2.1. By Product Category
 - 10.3.3.2.2. By Target Consumer
 - 10.3.3.2.3. By Distribution Channel

11. MARKET DYNAMICS

- 11.1. Drivers
- 11.2. Challenges

12. MARKET TRENDS & DEVELOPMENTS

- 12.1. Merger & Acquisition (If Any)
- 12.2. Product Launches (If Any)
- 12.3. Recent Developments

13. GLOBAL LOW-FAT-LOW-CALORIE DESSERT MARKET: SWOT ANALYSIS

14. PORTER'S FIVE FORCES ANALYSIS

- 14.1. Competition in the Industry
- 14.2. Potential of New Entrants
- 14.3. Power of Suppliers
- 14.4. Power of Customers
- 14.5. Threat of Substitute Products

15. COMPETITIVE LANDSCAPE

- 15.1. Mondelez International
 - 15.1.1. Business Overview
 - 15.1.2. Products & Services
 - 15.1.3. Recent Developments
 - 15.1.4. Key Personnel
 - 15.1.5. SWOT Analysis
- 15.2. Kraft Heinz
- 15.3. Nestle S.A.
- 15.4. Unilever Plc
- 15.5. The Hershey Company
- 15.6. Noto
- 15.7. SKKY Desserts Pvt Ltd
- 15.8. Ami Ice Cream
- 15.9. The Brooklyn Creamery
- 15.10. Dreyer's Grand Ice Cream, Inc.

16. STRATEGIC RECOMMENDATIONS

17. ABOUT US & DISCLAIMER

I would like to order

Product name: Low-Fat-Low-Calorie Dessert Market - Global Industry Size, Share, Trends, Opportunity and Forecast, By Product Category (Dairy Dessert, Frozen Dessert, Baked Dessert, Confectionery Dessert), By Target Consumer (Weight-Conscious Individuals, Diabetics, Health-Conscious Consumers), By Distribution Channel (Supermarket & Hypermarket, Convenience Stores, Online, Others), By Region & Competition, 2021-2031F

Product link: <https://marketpublishers.com/r/LECEBD8ACE61EN.html>

Price: US\$ 4,500.00 (Single User License / Electronic Delivery)

If you want to order Corporate License or Hard Copy, please, contact our Customer Service:

info@marketpublishers.com

Payment

To pay by Credit Card (Visa, MasterCard, American Express, PayPal), please, click button on product page <https://marketpublishers.com/r/LECEBD8ACE61EN.html>