

Low-Fat Yogurt Market – Global Industry Size, Share, Trends Opportunity, and Forecast, By Nature (Organic, Non-Organic), By Type (Flavored, Fruit, Plain), By Sales Channel (Supermarkets/Hypermarkets, Departmental Stores, Online, Others), By Region, By Competition Forecast & Opportunities, 2018-2028

https://marketpublishers.com/r/LBA59149F04EEN.html

Date: January 2024

Pages: 176

Price: US\$ 4,900.00 (Single User License)

ID: LBA59149F04EEN

# **Abstracts**

The Global Low-Fat Yogurt Market was valued at USD12.85 Billion in 2022 and is anticipated to project robust growth in the forecast period with a CAGR of 6.52% through 2028. The global low-fat yogurt market has been on a steady growth trajectory in recent years, driven by an increasing focus on health and wellness among consumers worldwide. Low-fat yogurt, with its reduced fat content compared to traditional yogurt, has gained popularity as a nutritious and delicious snack option. One of the key drivers behind the market's growth is the rising awareness of the importance of maintaining a healthy diet. Consumers are increasingly looking for food products that offer a balance between taste and health benefits, making low-fat yogurt an attractive choice. Additionally, the demand for low-fat yogurt is bolstered by its association with weight management and digestive health due to its probiotic content. Furthermore, the expansion of the global low-fat yogurt market can be attributed to innovative product offerings, such as flavored low-fat yogurts, dairy-free alternatives, and convenient packaging options. Market players are continuously introducing new flavors and formulations to cater to diverse consumer preferences.

The market's growth is not limited to a specific region, as low-fat yogurt has gained popularity across North America, Europe, Asia-Pacific, and beyond. Manufacturers are also focusing on marketing strategies, including advertising campaigns and social



media promotion, to further expand their customer base. In conclusion, the global low-fat yogurt market is thriving due to increasing health consciousness, innovative product developments, and strategic marketing efforts. As consumers continue to seek healthier snack options, the market is expected to witness sustained growth in the coming years.

**Key Market Drivers** 

Health and Wellness Trends

One of the primary drivers of the global low-fat yogurt market is the pervasive health and wellness trend. As people become more health-conscious and seek ways to improve their diet, low-fat yogurt has emerged as a preferred choice. It offers a balance between satisfying taste and health benefits. Low-fat yogurt is known for being lower in calories and saturated fats compared to regular yogurt, making it an attractive option for those looking to manage their weight and reduce their fat intake.

Additionally, low-fat yogurt is a rich source of essential nutrients such as calcium, protein, and probiotics, which promote bone health, aid digestion, and boost the immune system. As consumers increasingly prioritize these health benefits, the demand for low-fat yogurt continues to grow, driving market expansion.

### Rising Obesity Rates

The global obesity epidemic has spurred the consumption of low-fat dairy products, including low-fat yogurt. Obesity is a major health concern worldwide, with its associated risks such as diabetes, heart disease, and hypertension. In response to this crisis, many individuals are actively seeking ways to manage their weight and improve their overall health.

Low-fat yogurt serves as a guilt-free indulgence for those who want to enjoy the taste of yogurt without the added calories and fats. It has become a go-to option for those on weight management journeys, as it provides the creamy texture and flavor of traditional yogurt with significantly reduced fat content. This driver has been particularly influential in regions with higher obesity rates.

Digestive Health and Probiotics

Another significant driver of the low-fat yogurt market is the increasing focus on

Low-Fat Yogurt Market - Global Industry Size, Share, Trends Opportunity, and Forecast, By Nature (Organic, Non...



digestive health and the recognition of yogurt as a probiotic-rich food. Probiotics are live bacteria and yeasts that are beneficial for gut health. Yogurt, including low-fat varieties, is a natural source of probiotics, which help maintain a healthy balance of microorganisms in the digestive system.

Consumers are becoming more aware of the importance of gut health and its link to overall well-being. This has led to a surge in demand for yogurt products that promote digestive health. Low-fat yogurt, with its probiotic content, has gained popularity as a functional food, attracting consumers seeking to support their digestive systems.

#### **Product Innovation**

Product innovation plays a crucial role in driving the growth of the global low-fat yogurt market. Manufacturers are constantly introducing new flavors, formulations, and packaging options to cater to evolving consumer preferences. Flavored low-fat yogurts, in particular, have gained traction among consumers looking for variety and indulgence without compromising their health goals.

Moreover, the development of dairy-free alternatives has expanded the market's reach to accommodate individuals with lactose intolerance or those following vegan diets. These innovations have not only broadened the customer base but have also encouraged existing consumers to explore new tastes and textures within the low-fat yogurt category. Innovative packaging formats, such as single-serving cups, squeezable pouches, and on-the-go options, have contributed to the convenience factor, making low-fat yogurt a convenient snack choice for busy lifestyles.

# Global Market Expansion

The global low-fat yogurt market is not confined to a specific region; it has witnessed growth and expansion across North America, Europe, Asia-Pacific, and other parts of the world. As consumer awareness of health and wellness transcends geographical boundaries, low-fat yogurt's popularity continues to rise. Additionally, manufacturers have adopted strategic marketing approaches, including advertising campaigns, social media promotion, and partnerships with health and fitness influencers, to further expand their customer base. This global reach has led to increased sales and market penetration.

The global low-fat yogurt market is thriving due to several influential drivers, including health and wellness trends, rising obesity rates, the focus on digestive health, product



innovation, and global market expansion. As consumers seek healthier and more satisfying snack options, the demand for low-fat yogurt is expected to remain robust, driving continued growth in the years to come. This market segment is poised to evolve further as manufacturers continue to innovate and meet the changing preferences of consumers seeking both taste and nutrition in their dairy choices.

# Key Market Challenges

# Intense Competition

The low-fat yogurt market is highly competitive, with numerous players ranging from multinational giants to smaller, local producers. The abundance of choices available to consumers poses a challenge for both established and new entrants. To gain a competitive edge, companies must invest heavily in marketing, product differentiation, and innovation.

Smaller, niche brands often focus on unique flavor profiles, organic ingredients, or specialty offerings to distinguish themselves from larger competitors. This intense competition results in constant pressure to maintain or expand market share, which can impact profit margins and force companies to operate on tight budgets. Moreover, competition has led to price wars, particularly in saturated markets. Price reductions to attract cost-conscious consumers can affect profitability, making it difficult for companies to invest in quality ingredients and maintain product standards.

#### Fluctuating Raw Material Costs

The cost of raw materials, primarily milk and dairy products, is a significant challenge for the low-fat yogurt industry. The prices of these inputs are subject to fluctuations influenced by factors such as weather conditions, global supply and demand, and government policies. Sudden increases in raw material costs can squeeze profit margins, especially for manufacturers operating on thin margins due to competitive pressures.

Additionally, dairy farming is susceptible to external factors like disease outbreaks and animal feed prices, which can disrupt the supply chain and lead to shortages or increased costs. Manufacturers must navigate these fluctuations and develop strategies to mitigate their impact, such as diversifying sources of raw materials or negotiating long-term contracts with suppliers.



### Consumer Preferences and Trends

While evolving consumer preferences can create opportunities for the low-fat yogurt market, they also pose challenges. Consumers are increasingly demanding a wider range of choices, including plant-based alternatives, non-dairy options, and products with clean labels. This trend towards diversity can create challenges for traditional dairy-based low-fat yogurt producers.

Plant-based yogurt alternatives, made from ingredients like almond, soy, or coconut, have gained popularity among consumers with lactose intolerance, vegans, and those seeking dairy-free options. These alternatives have started to erode market share for traditional low-fat yogurt manufacturers, forcing them to adapt or diversify their product offerings. Moreover, changing trends in health and wellness, such as the rise of low-carb or high-protein diets, can influence consumer choices. Manufacturers must remain agile and responsive to shifting preferences by introducing new product lines or reformulating existing ones to meet these evolving demands.

# Regulatory Challenges

The low-fat yogurt market is subject to a range of regulations, including labeling requirements, nutritional standards, and food safety guidelines. Compliance with these regulations is crucial for market access and consumer trust. However, keeping up with evolving regulatory standards and navigating complex international trade regulations can be challenging for companies, especially smaller ones with limited resources.

Labeling regulations have become stricter as consumers demand transparency about product ingredients, nutritional content, and health claims. Ensuring compliance with labeling requirements across different markets and languages can be a logistical challenge.

Additionally, changes in food safety regulations or recalls due to contamination issues can damage a brand's reputation and lead to financial losses. Staying ahead of regulatory changes and implementing robust quality control measures is essential but can be costly and time-consuming.

# Environmental Concerns and Sustainability

Environmental sustainability is an increasingly important factor influencing consumer choices and the low-fat yogurt market. Dairy production, including the production of milk



used in yogurt, has significant environmental impacts, including greenhouse gas emissions, water use, and land use. As consumers become more eco-conscious, they may seek out brands that prioritize sustainable sourcing and production practices.

Sustainable packaging is also a concern in the industry. Single-use plastic packaging has faced criticism for its environmental impact, leading to consumer demand for eco-friendly alternatives. Manufacturers are pressured to invest in sustainable packaging options, which can be more expensive than traditional materials. Adhering to sustainability principles often requires significant investments in supply chain optimization, waste reduction, and resource efficiency. While these investments can have long-term benefits in terms of brand reputation and market positioning, they can pose short-term financial challenges for companies operating in a competitive market.

The global low-fat yogurt market faces several challenges, including intense competition, fluctuating raw material costs, evolving consumer preferences, regulatory complexities, and environmental concerns. These challenges are not insurmountable but require careful planning, innovation, and adaptability from industry players. To thrive in this dynamic market, companies must stay attuned to consumer trends, invest in sustainable practices, and remain compliant with evolving regulations while differentiating themselves in a crowded marketplace. By addressing these challenges proactively, the global low-fat yogurt market can continue to grow and evolve in response to changing consumer needs and preferences.

**Key Market Trends** 

Plant-Based Alternatives and Dairy-Free Options

One of the most significant trends in the low-fat yogurt market is the growing demand for plant-based alternatives and dairy-free options. This trend reflects a broader shift in consumer preferences toward more sustainable and ethical food choices, as well as the rising number of individuals with lactose intolerance and those adopting vegan lifestyles.

Plant-based yogurt alternatives are typically made from ingredients such as almonds, soy, coconut, and oats. They offer a creamy texture and a variety of flavors, making them a suitable substitute for traditional dairy-based low-fat yogurt. These alternatives often come fortified with vitamins, minerals, and probiotics to match the nutritional content of their dairy counterparts. As consumer interest in plant-based products continues to soar, major dairy companies and new entrants are expanding their plant-based yogurt offerings. This trend has created a competitive landscape in which



manufacturers strive to develop innovative and delicious plant-based options to cater to a growing customer base.

# Innovative Flavors and Ingredients

Innovation in flavors and ingredients has become a key driver in the low-fat yogurt market. Manufacturers are focusing on creating unique and exciting flavor profiles to captivate consumer taste buds. Traditional yogurt flavors like vanilla, strawberry, and blueberry remain popular, but companies are now introducing exotic and novel flavors to diversify their product lines.

Ingredients such as superfoods (e.g., chia seeds, flaxseeds, and acai berries), exotic fruits, and herbs are being incorporated into low-fat yogurt to enhance taste and nutrition. These additions provide health-conscious consumers with options that not only satisfy their taste preferences but also offer functional benefits, such as added antioxidants, omega-3 fatty acids, and fiber. Additionally, low-fat yogurt manufacturers are responding to dietary trends by creating yogurt products that cater to specific dietary needs, such as low-carb, high-protein, and low-sugar options. These specialized products resonate with consumers following various diets, including keto, paleo, and Mediterranean diets.

# Sustainability and Eco-Friendly Packaging

Sustainability is a growing concern for consumers, and it has made its way into the lowfat yogurt market. Manufacturers are increasingly focusing on adopting sustainable and eco-friendly practices throughout the production process, from sourcing ingredients to packaging.

Sustainable sourcing of dairy and plant-based ingredients, such as organic farming and fair-trade practices, is gaining prominence. Brands that prioritize ethical and environmentally responsible sourcing are resonating with consumers who seek products that align with their values.

Packaging is another critical aspect of sustainability in the industry. Single-use plastic packaging has faced criticism for its environmental impact. Consequently, many low-fat yogurt manufacturers are transitioning to more eco-friendly packaging options, including recyclable materials, compostable packaging, and reduced plastic usage. The emphasis on sustainability not only appeals to eco-conscious consumers but also helps companies reduce their environmental footprint and align with global efforts to combat



plastic waste and climate change.

#### Probiotics and Gut Health

Probiotics have long been associated with digestive health, and this trend is gaining momentum in the low-fat yogurt market. Consumers are increasingly looking for yogurt products that contain live and active cultures known to promote a healthy gut microbiome.

Manufacturers are not only highlighting the presence of probiotics in their products but are also investing in research and development to create yogurt varieties with specific probiotic strains tailored to address various digestive health concerns. These strains are believed to support digestion, boost the immune system, and even contribute to overall well-being. Beyond traditional probiotics, companies are exploring the potential of prebiotics, which serve as food for beneficial gut bacteria, and symbiotic, which combine probiotics and prebiotics in a single product. These developments are broadening the scope of low-fat yogurt offerings in the market.

#### Personalization and Customization

Personalization is a growing trend across the food and beverage industry, and the low-fat yogurt market is no exception. Manufacturers are exploring ways to offer customizable low-fat yogurt products, allowing consumers to tailor their yogurt experience to their preferences and dietary needs.

Some companies are providing interactive platforms or mobile apps that enable customers to choose their yogurt base, flavors, toppings, and nutritional add-ins. This approach empowers consumers to create unique combinations that suit their taste and dietary goals. Customization not only enhances the consumer experience but also fosters brand loyalty and engagement. It reflects the broader shift towards consumercentric product development and aligns with the desire for individualized food choices.

The global low-fat yogurt market is witnessing exciting and dynamic trends that cater to evolving consumer preferences and dietary needs. Plant-based alternatives, innovative flavors and ingredients, sustainability efforts, probiotics for gut health, and personalization are among the latest trends shaping the industry. As the market continues to evolve, manufacturers must remain agile, responsive to consumer demands, and committed to delivering products that not only meet nutritional requirements but also delight the palate. These trends reflect a broader movement



toward healthier and more sustainable food choices, driving innovation and growth in the low-fat yogurt market.

# Segmental Insights

# Type Insights

The global low-fat yogurt market has witnessed a substantial increase in the demand for flavored yogurt, reflecting changing consumer preferences and a desire for diverse and indulgent taste experiences. Flavored yogurt varieties have become a dominant force in the market, offering a wide range of delicious options that cater to different palates and dietary preferences.

One of the primary drivers behind the rising demand for flavored yogurt is the consumer's desire for variety and excitement in their daily diet. While traditional plain low-fat yogurt remains popular for its versatility and health benefits, flavored options provide a burst of taste that appeals to a broader audience. These flavors can range from classic choices like strawberry, blueberry, and vanilla to more exotic and innovative combinations such as mango passionfruit or honey lavender. The array of flavors available allows consumers to find yogurt options that align with their personal taste preferences and dietary requirements, making flavored yogurt a versatile and enjoyable snack or breakfast choice. This trend underscores the importance of product innovation in the low-fat yogurt market, as manufacturers strive to develop unique and appealing flavor profiles to capture a larger market share.

# Sales Channel Insights

The global low-fat yogurt market has witnessed a significant surge in demand through online sales channels, reflecting the changing shopping habits and preferences of consumers worldwide. The convenience and accessibility offered by online platforms have propelled e-commerce as a major driver of growth in this market.

One key factor contributing to the rising demand for low-fat yogurt through online distribution channels is the convenience it offers to consumers. With busy lifestyles and a growing reliance on digital platforms, many individuals prefer the ease of browsing and purchasing their favorite yogurt products online. This allows customers to explore a wider variety of brands, flavors, and packaging options from the comfort of their homes, reducing the need for in-store visits.



Furthermore, the COVID-19 pandemic has accelerated the adoption of online shopping across various consumer categories, including food products like low-fat yogurt. Concerns about safety and social distancing have prompted more people to turn to online grocery shopping and home delivery services. As a result, many low-fat yogurt manufacturers have expanded their online presence and collaborated with e-commerce platforms to ensure their products are readily available to meet this growing demand. This trend highlights the importance of a robust online distribution strategy for companies operating in the global low-fat yogurt market, as it allows them to reach a broader and more digitally savvy customer base.

# Regional Insights

The Europe region has witnessed a substantial rise in demand within the global low-fat yogurt market, driven by evolving consumer preferences and a strong focus on health and wellness. European consumers have increasingly gravitated toward low-fat yogurt as they seek nutritious and delicious options in their diets.

One significant factor behind the surge in demand is Europe's dedication to healthy eating and active lifestyles. As awareness of the importance of reducing saturated fats and maintaining a balanced diet grows, low-fat yogurt has gained popularity as a viable dietary choice. This trend is further reinforced by concerns about obesity and related health issues, as consumers in Europe turn to low-fat yogurt as a convenient and tasty solution for managing their weight while still enjoying the pleasures of dairy products.

Furthermore, the European market has witnessed an expansion in product variety and innovation. Manufacturers in the region are continually introducing new flavors, ingredients, and packaging formats to cater to diverse consumer preferences. The availability of options such as Greek-style low-fat yogurt, yogurt with fruit compotes, and organic variants has contributed to the growing demand for low-fat yogurt in Europe. Additionally, marketing campaigns emphasizing the nutritional benefits of low-fat yogurt have helped drive consumer awareness and consumption in the region. This trend reflects Europe's evolving dietary landscape, where low-fat yogurt is seen as a versatile and healthy snack or meal component.

**Key Market Players** 

General Mills, Inc.

Danone, Inc.







| Supermarkets/Hypermarkets         |
|-----------------------------------|
| Departmental Stores               |
| Online                            |
| Others                            |
| Low-Fat Yogurt Market, By Region: |
| Europe                            |
| France                            |
| Germany                           |
| Spain                             |
| Italy                             |
| United Kingdom                    |
| North America                     |
| United States                     |
| Canada                            |
| Mexico                            |
| Asia-Pacific                      |
| China                             |
| Japan                             |
| India                             |
| Vietnam                           |



| South Korea  |  |  |
|--|--|--|
| Middle East & Africa   |  |  |
| South Africa   |  |  |
| Saudi Arabia   |  |  |
| UAE  |  |  |
| Turkey   |  |  |
| South America  |  |  |
| Brazil   |  |  |
| Argentina  |  |  |
| Colombia   |  |  |
| Competitive Landscape  |  |  |
| Company Profiles: Detailed analysis of the major companies present in the Global Low Fat Yogurt Market.  |  |  |
| Available Customizations:  |  |  |
| Global Low-Fat Yogurt Market report with the given market data, Tech Sci 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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