



HW Cooking Ingredients and Meals in the United Kingdom

August 2024

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KEY DATA FINDINGS

2023 DEVELOPMENTS

Consumers review sauces, dips and condiments used for home cooking in light of heightened health awareness
Vegetarian is leading health and wellness claim in cooking ingredients and meals due to rising number of flexitarians in the UK
High protein remains popular claim within health and wellness cooking ingredients and meals

PROSPECTS AND OPPORTUNITIES

Strong emphasis on health and new legislation set to support future demand for products with no or low sugar claims
Local consumers set to further reduce reliance on animal products over forecast period
Digestive health and immune support set to benefit from consumer focus on gut health

CATEGORY DATA

Table 1 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2019-2023

Table 2 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2019-2023

Table 3 - Company Shares of Organic Cooking Ingredients and Meals (Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

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Table 8 - Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2023-2028

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Health and Wellness in the United Kingdom - Industry Overview

EXECUTIVE SUMMARY

Health and wellness in focus
Consumer weight trends
Consumer diet trends
Health-related deaths
Blood pressure and cholesterol levels
Diabetes prevalence

DISCLAIMER

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