



HW Staple Foods in Saudi Arabia

August 2024

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KEY DATA FINDINGS

2023 DEVELOPMENTS

Gluten free leads value sales as consumers look to support their gut health and wellbeing

Rising health awareness leads no sugar and no fat staple products to gain growth in 2023

Dairy free records strong growth as consumers migrate to vegan and plant-based diets

PROSPECTS AND OPPORTUNITIES

High fibre records double-digit growth as consumers appreciate gut health benefits

Interest rises in the organic claim as consumers appreciate natural products

The high protein claim gains ground as government initiatives support health and fitness

CATEGORY DATA

Table 1 - Sales of Staple Foods by Health and Wellness Type: Value 2019-2023

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Health and Wellness in Saudi Arabia - 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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