



Euromonitor  
International

# Nuts in the United Kingdom

December 2025

Table of Contents

KEY DATA FINDINGS

2025 DEVELOPMENTS

Nuts grow in popularity as a healthy and versatile food choice

INDUSTRY PERFORMANCE

Focus on healthy eating habits fuels demand for nuts  
Competition from processed nut mixes persists but demand for versatile, clean label options remains robust

WHAT'S NEXT?

HFSS exemption set to boost sales through increased visibility  
Unprocessed nuts strengthen appeal as demand for natural snacks grows  
Summary 1 - Major Processors of Nuts 2025

CATEGORY DATA

- Table 1 - Total Sales of Nuts by Category: Total Volume 2020-2025
- Table 2 - Total Sales of Nuts by Category: % Total Volume Growth 2020-2025
- Table 3 - Retail Sales of Nuts by Category: Volume 2020-2025
- Table 4 - Retail Sales of Nuts by Category: % Volume Growth 2020-2025
- Table 5 - Retail Sales of Nuts by Category: Value 2020-2025
- Table 6 - Retail Sales of Nuts by Category: % Value Growth 2020-2025
- Table 7 - Retail Sales of Nuts by Packaged vs Unpackaged: % Volume 2020-2025
- Table 8 - Forecast Total Sales of Nuts by Category: Total Volume 2025-2030
- Table 9 - Forecast Total Sales of Nuts by Category: % Total Volume Growth 2025-2030
- Table 10 - Forecast Retail Sales of Nuts by Category: Volume 2025-2030
- Table 11 - Forecast Retail Sales of Nuts by Category: % Volume Growth 2025-2030
- Table 12 - Forecast Retail Sales of Nuts by Category: Value 2025-2030
- Table 13 - Forecast Retail Sales of Nuts by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

EXECUTIVE SUMMARY

Fresh food sees solid growth in 2025 despite headwinds

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Fresh food sales influenced by economic pressures and health concerns in 2025  
Financial pressures push consumers to favour cheaper alternatives  
Despite supply pressures demand for many fresh foods remains strong

WHAT'S NEXT?

Positive outlook for the UK's fresh food market  
Healthy eating campaigns should benefit fresh food sales  
Sustainability a growing concern

CHANNELS

Supermarkets, hypermarkets and discounters dominate sales of fresh food  
Sustainability adds value to the market

MARKET DATA

Table 14 - Total Sales of Fresh Food by Category: Total Volume 2020-2025

Table 15 - Total Sales of Fresh Food by Category: % Total Volume Growth 2020-2025

Table 16 - Retail Sales of Fresh Food by Category: Volume 2020-2025

Table 17 - Retail Sales of Fresh Food by Category: % Volume Growth 2020-2025

Table 18 - Retail Sales of Fresh Food by Category: Value 2020-2025

Table 19 - Retail Sales of Fresh Food by Category: % Value Growth 2020-2025

Table 20 - Retail Sales of Fresh Food by Packaged vs Unpackaged: % Volume 2020-2025

Table 21 - Retail Distribution of Fresh Food by Format: % Volume 2020-2025

Table 22 - Forecast Total Sales of Fresh Food by Category: Total Volume 2025-2030

Table 23 - Forecast Total Sales of Fresh Food by Category: % Total Volume Growth 2025-2030

Table 24 - Forecast Retail Sales of Fresh Food by Category: Volume 2025-2030

Table 25 - Forecast Retail Sales of Fresh Food by Category: % Volume Growth 2025-2030

Table 26 - Forecast Retail Sales of Fresh Food by Category: Value 2025-2030

Table 27 - Forecast Retail Sales of Fresh Food by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

## SOURCES

Summary 2 - Research Sources

### About Euromonitor International

Euromonitor International is an independent market intelligence provider. Data, insight and analysis stem from in-the-field research spanning 210 national markets.

Content ranges from the in-depth and country-specific, to key strategic themes with a global range and significance. Products cover a comprehensive range of insights and market data, but can be broadly categorised as:

- **Strategy Briefings:** Global or regional in scope, and focussing on the most important themes shaping consumer demand, the key markets, competitive environment and future outlook across a range of industries.
- **Company Profiles:** Analysis dedicated to the world's most significant companies, with detailed insight into their activities, focus of operations, their competitors, their geographic presence and performance.
- **Country Reports:** For an in-depth understanding of specific countries, whether by industry, economic metrics or consumer trends and lifestyles. These reports cover current trends, consumer demand, market potential and future prospects, with country-specific local insight and comprehensive data, unavailable elsewhere.

For more information on this report, further enquiries can be directed via this link [www.euromonitor.com/nuts-in-the-united-kingdom/report](http://www.euromonitor.com/nuts-in-the-united-kingdom/report).