



Euromonitor  
International

# Edible Oils in Guatemala

November 2025

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## Edible Oils in Guatemala - Category analysis

### KEY DATA FINDINGS

#### 2025 DEVELOPMENTS

Healthier options increasingly popular

#### INDUSTRY PERFORMANCE

Retailers and brands strategically promote larger pack sizes and bulk formats

Rising consumer interest in healthier and more premium cooking options

#### WHAT'S NEXT?

Growing interest in premium and speciality cooking oils among higher-income consumers

Expanding demand for healthier oils

Growth of private label as consumers look to control food expenses without compromising on quantity

#### COMPETITIVE LANDSCAPE

Alimentos Ideal SA leads with a wide distribution reach

Rising popularity of olive oil drives growth of Centro Distribuidor SA and Cia Distribuidora Codisa SA

#### CHANNELS

Leading position of small local grocers supported by their extensive national footprint

Supermarkets, discounters, and e-commerce platforms steadily gaining share

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### KEY DATA FINDINGS

#### INDUSTRY PERFORMANCE

Rising health consciousness shapes purchasing decisions

Changing consumer preferences

#### WHAT'S NEXT?

Growing focus on variety and flavour innovation

Rising demand for convenient products that offer both flavour and nutritional value

#### COMPETITIVE LANDSCAPE

## CHANNELS

Small local grocers lead, benefiting from an extensive national reach

Modern retailers appeal to shoppers who value wider product variety, convenience and competitive pricing

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For more information on this report, further enquiries can be directed via this link [www.euromonitor.com/edible-oils-in-guatemala/report](http://www.euromonitor.com/edible-oils-in-guatemala/report).