



Pulses in India

March 2026

Table of Contents

Pulses in India - Category analysis

KEY DATA FINDINGS

2025 DEVELOPMENTS

Imports, health trends, and protein innovation impacts pulses in 2025

INDUSTRY PERFORMANCE

Imports surge after 2025 rains and floods damage crops in India

Health and convenience drive demand for ready-to-cook premium pulses

WHAT'S NEXT?

Plant proteins are set to drive innovation and growth in pulses

Fortified pulses are expected to gain traction across wellness channels

Summary 1 - Major Processors of Pulses 2025

CATEGORY DATA

Table 1 - Total Sales of Pulses by Category: Total Volume 2020-2025

Table 2 - Total Sales of Pulses by Category: % Total Volume Growth 2020-2025

Table 3 - Retail Sales of Pulses by Category: Volume 2020-2025

Table 4 - Retail Sales of Pulses by Category: % Volume Growth 2020-2025

Table 5 - Retail Sales of Pulses by Category: Value 2020-2025

Table 6 - Retail Sales of Pulses by Category: % Value Growth 2020-2025

Table 7 - Retail Sales of Pulses by Packaged vs Unpackaged: % Volume 2020-2025

Table 8 - Forecast Total Sales of Pulses by Category: Total Volume 2025-2030

Table 9 - Forecast Total Sales of Pulses by Category: % Total Volume Growth 2025-2030

Table 10 - Forecast Retail Sales of Pulses by Category: Volume 2025-2030

Table 11 - Forecast Retail Sales of Pulses by Category: % Volume Growth 2025-2030

Table 12 - Forecast Retail Sales of Pulses by Category: Value 2025-2030

Table 13 - Forecast Retail Sales of Pulses by Category: % Value Growth 2025-2030

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Fresh Food in India - Industry Overview

EXECUTIVE SUMMARY

Convenience, safety, and nutrition drive growth and premiumisation in fresh food

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Convenience, safety, and nutrition drive growth and transformation in fresh food in India

Weather-driven disruptions and structural gaps shape fresh food in 2025

Consumer demand for quality, convenience, and functional benefits redefine premiumisation

WHAT'S NEXT?

Digital integration and data-driven supply networks are expected to transform fresh food

Resilience-focused production systems will stabilise fresh food in India

CHANNELS

Traditional stores continue to dominate while rising mobility leads forecourt retailers to gain ground

Quick commerce and retail e-commerce continue to transform access to fresh food

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

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SOURCES

Summary 2 - Research Sources

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