

# Cooking Ingredients and Meals in Norway

November 2025

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## Cooking Ingredients and Meals in Norway

## **EXECUTIVE SUMMARY**

Strong interest in high-protein, gut-friendly and clean-label ingredients

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Focus on health, convenience and sustainability Blending tradition with international flavours

#### WHAT'S NEXT?

Norwegian consumers willing to pay for quality, health and ethical credentials Ongoing innovation

#### COMPETITIVE LANDSCAPE

Orkla benefits from broad-based strength

Drytech sees strong growth from freeze-dried ready meals

Significant private label presence

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Rapeseed oil leads growth

Edible oils value up amid supply crunch

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Sustainable growth despite price movement

Health-first oils

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# INDUSTRY PERFORMANCE

Meals and soups set for steady growth

Prepared salads benefits from prevailing trends

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Thriving on wellness, sustainability, and innovation

Health-driven innovation

Smart food systems: how digital tech is proving transformational

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Balancing tradition and global flavours drives growth

Popularity of grilling supports strong growth of barbecue sauces

#### WHAT'S NEXT?

Innovation driven growth

Health and sustainability

Production innovation in Norway's condiments market

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Sustainable growth as dietary needs evolve

Nut and seed based spreads benefits from rising consumer health awareness

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Embracing natural ingredients and ethical sourcing

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