



Cooking Ingredients and Meals in India

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Cooking Ingredients and Meals in India

EXECUTIVE SUMMARY

Cooking culture and price pressures underpin 2025 performance

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Cultural habits and evolving consumer preferences shape progress in 2025

Health trends impact purchasing decisions

Busy urban lifestyles push convenience demand

WHAT'S NEXT?

Improved economy and robust interest in home cooking ensure further growth for forecast period

Nutritional concerns will remain central for consumers

Labelling regulations set to sharpen focus on ingredient lists

COMPETITIVE LANDSCAPE

Adani leads through popular Fortune brand

D2C and new-age brands challenge established players

CHANNELS

Small local grocers dominate distribution landscape

Modern retail formats threaten supremacy of neighbourhood stores

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Import sensitivity drives price-led growth in 2025 and keeps health-led premiumisation in focus

INDUSTRY PERFORMANCE

Higher procurement prices support robust rises in value sales in 2025

Evolving consumer preferences shape demand

WHAT'S NEXT?

Edible oils poised for sustained demand, with health considerations increasingly impacting purchasing decisions

Distribution set to expand, both offline and on

Local edible oil production plans will influence import dependency and price stability

COMPETITIVE LANDSCAPE

Adani Group leads thanks to well-rounded product portfolio and widespread distribution

Private label expands as consumers face rising prices

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INDUSTRY PERFORMANCE

Evolving consumer preferences influence ready meals demand

Meals and soups sees growing competition from alternatives

WHAT'S NEXT?

Dry soup as key growth driver through improved benefit proposition

Ready meals set to record moderate growth amid its own set of challenges

Consumer awareness and distribution remain central to category growth

COMPETITIVE LANDSCAPE

Legacy brands driven by distribution reach continue to dominate

Players in ready meals benefit from robust distribution networks

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Flavour staples underpin growth in 2025

INDUSTRY PERFORMANCE

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Global food trends help shape consumer preferences

WHAT'S NEXT?

Convenience to drive demand for sauces, dips and condiments
Foodservice and quick commerce will gain traction
Prospective labelling regulatory revisions will encourage closer scrutiny from consumers

COMPETITIVE LANDSCAPE

Everest continues to lead through wide distribution reach and diverse range of dry recipe sauces
New entrants are small but impactful

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Breakfast convenience sustains value growth in 2025

INDUSTRY PERFORMANCE

Evolving breakfast habits and versatility drive strong demand for sweet spreads

Honey remains favoured sweet spread as nut and seed based spreads rise fastest

WHAT'S NEXT?

Sweet spreads to witness steady demand fuelled by growing health consciousness

Jams and preserves face intense competition from substitutes as health-focused consumption rises

Distribution expansion will strongly influence growth trajectory of sweet spreads

COMPETITIVE LANDSCAPE

Competition continues to intensify as new-age brands expand distribution reach

Myfitness leads nut and seed based spreads

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Small local grocers remains vital distribution channel

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