



Euromonitor  
International

# HW Cooking Ingredients and Meals in the United Kingdom

August 2024

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Consumers review sauces, dips and condiments used for home cooking in light of heightened health awareness  
Vegetarian is leading health and wellness claim in cooking ingredients and meals due to rising number of flexitarians in the UK  
High protein remains popular claim within health and wellness cooking ingredients and meals

#### PROSPECTS AND OPPORTUNITIES

Strong emphasis on health and new legislation set to support future demand for products with no or low sugar claims  
Local consumers set to further reduce reliance on animal products over forecast period  
Digestive health and immune support set to benefit from consumer focus on gut health

#### CATEGORY DATA

Table 1 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2019-2023

Table 2 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2019-2023

Table 3 - Company Shares of Organic Cooking Ingredients and Meals (Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 4 - Company Shares of Gluten Free Cooking Ingredients and Meals (2nd Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 5 - Company Shares of Vegetarian Cooking Ingredients and Meals (3rd Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 6 - Company Shares of Vegan Cooking Ingredients and Meals (4th Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 7 - Company Shares of Natural Cooking Ingredients and Meals (5th Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 8 - Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2023-2028

Table 9 - Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2023-2028

## Health and Wellness in the United Kingdom - Industry Overview

### EXECUTIVE SUMMARY

Health and wellness in focus  
Consumer weight trends  
Consumer diet trends  
Health-related deaths  
Blood pressure and cholesterol levels  
Diabetes prevalence

### DISCLAIMER

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