

Health and Wellness in Mexico

Market Direction | 2024-08-15 | 69 pages | Euromonitor

AVAILABLE LICENSES:

- Single User Licence €2150.00
- Multiple User License (1 Site) €4300.00
- Multiple User License (Global) €6450.00

Report description:

The health and wellness industry continues to gain greater significance overall, particularly in the wake of the pandemic, as consumers have become more cognisant of the negative impact of processed food and a range of drinks on their health and wellbeing. The virus disproportionately affected those with underlying health conditions, such as obesity and diabetes, making people more conscious of the need to take care of their health and boost their overall immunity. As a result, people are increa...

Euromonitor International's Health and Wellness in Mexico report tracks the developments of health-associated product types and the healthy-option positioning of competing brands across different food sectors. It provides the latest retail sales data 2019-2023, allowing you to compare health and wellness categories with each other or in the context of the total market for a sector. It identifies the leading companies, the leading brands and offers strategic analysis of key factors influencing the market- be they new product developments, legislative context or lifestyle influences. Forecasts to 2028 illustrate how the market is set to change.

Product coverage: HW Cooking Ingredients and Meals, HW Dairy Products and Alternatives, HW Hot Drinks, HW Snacks, HW Soft Drinks, HW Staple Foods.

Data coverage: market sizes (historic and forecasts), company shares, brand shares and distribution data.

Why buy this report?

- * Get a detailed picture of the Health and Wellness market;
- * Pinpoint growth sectors and identify factors driving change;
- * Understand the competitive environment, the market's major players and leading brands;
- * Use five-year forecasts to assess how the market is predicted to develop.

Euromonitor International has over 40 years' experience of publishing market research reports, business reference books and online information systems. With offices in London, Chicago, Singapore, Shanghai, Vilnius, Dubai, Cape Town, Santiago, Sydney,

Scotts International. EU Vat number: PL 6772247784

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com

Tokyo and Bangalore and a network of over 800 analysts worldwide, Euromonitor International has a unique capability to develop reliable information resources to help drive informed strategic planning.

Table of Contents:

Health and Wellness in Mexico
Euromonitor International
August 2024

List Of Contents And Tables

HEALTH AND WELLNESS IN MEXICO
EXECUTIVE SUMMARY
Health and wellness in focus
Consumer weight trends
Consumer diet trends
Health-related deaths
Blood pressure and cholesterol levels
Diabetes prevalence
DISCLAIMER
HW HOT DRINKS IN MEXICO
KEY DATA FINDINGS
2023 DEVELOPMENTS
No caffeine hot drinks record the strongest sales as consumers reduce caffeine to support health
The natural claim rises as consumers become wary of artificial ingredients
Weight management and no fat hot drinks benefit from government legislations
PROSPECTS AND OPPORTUNITIES
Functional hot drink innovations gain ground as consumers reach for added benefits
Organic hot drinks rise as consumers look for natural products to benefit health
Dietary habits continue to change, supporting the vegetarian hot drinks landscape
MARKET DATA
Table 1 Sales of Hot Drinks by Health and Wellness Type: Value 2019-2023
Table 2 Sales of Hot Drinks by Health and Wellness Type: % Value Growth 2019-2023
Table 3 Company Shares of Organic Hot Drinks (Biggest HW Type in Global Hot Drinks): % Value 2019-2023
Table 4 Company Shares of Natural Hot Drinks (2nd Biggest HW Type in Global Hot Drinks): % Value 2019-2023
Table 5 Company Shares of Gluten Free Hot Drinks (3rd Biggest HW Type in Global Hot Drinks): % Value 2019-2023
Table 6 Company Shares of Good Source of Vitamins Hot Drinks (4th Biggest HW Type in Global Hot Drinks): % Value 2019-2023
Table 7 Company Shares of No Allergens Hot Drinks (5th Biggest HW Type in Global Hot Drinks): % Value 2019-2023
Table 8 Forecast Sales of Hot Drinks by Health and Wellness Type: Value 2023-2028
Table 9 Forecast Sales of Hot Drinks by Health and Wellness Type: % Value Growth 2023-2028
HW SOFT DRINKS IN MEXICO
KEY DATA FINDINGS
2023 DEVELOPMENTS
Government legislations support sales of weight management soft drinks
Natural soft drinks' strong performance is linked to rising concerns surrounding artificial ingredients
Consumers reach for functional and fortified options as a convenient way to improve health
PROSPECTS AND OPPORTUNITIES

Low and no fat gains pace as consumers look to manage weight through their soft drink choice
Brain health and memory soft drinks record double-digit growth across the forecast period
Organic and natural soft drinks gain appeal as consumers shift away from artificial ingredients

MARKET DATA

Table 10 Sales of Soft Drinks by Health and Wellness Type: Value 2019-2023

Table 11 Sales of Soft Drinks by Health and Wellness Type: % Value Growth 2019-2023

Table 12 Company Shares of No Sugar Soft Drinks (Biggest HW Type in Global Soft Drinks): % Value 2019-2023

Table 13 Company Shares of Energy Boosting Soft Drinks (2nd Biggest HW Type in Global Soft Drinks): % Value 2019-2023

Table 14 Company Shares of Natural Soft Drinks (3rd Biggest HW Type in Global Soft Drinks): % Value 2019-2023

Table 15 Company Shares of Good Source of Vitamins Soft Drinks (4th Biggest HW Type in Global Soft Drinks): % Value 2019-2023

Table 16 Company Shares of Gluten Free Soft Drinks (5th Biggest HW Type in Global Soft Drinks): % Value 2019-2023

Table 17 Forecast Sales of Soft Drinks by Health and Wellness Type: Value 2023-2028

Table 18 Forecast Sales of Soft Drinks by Health and Wellness Type: % Value Growth 2023-2028

HW SNACKS IN MEXICO

KEY DATA FINDINGS

2023 DEVELOPMENTS

Gluten free leads the landscape, increasingly embraced by consumers without intolerances

Growth for plant-based snacks as more consumers look to avoid dairy

Rising diabetes and obesity concerns drive double-digit growth for no sugar snacks

PROSPECTS AND OPPORTUNITIES

Snack innovations to offer fortified and functional options that align with health goals

Low fat products gain ground as government initiatives shape product innovations

Keto snacks increase appeal as consumers look for specific diets to manage weight

MARKET DATA

Table 19 Sales of Snacks by Health and Wellness Type: Value 2019-2023

Table 20 Sales of Snacks by Health and Wellness Type: % Value Growth 2019-2023

Table 21 Company Shares of Gluten Free Snacks (Biggest HW Type in Global Snacks): % Value 2019-2023

Table 22 Company Shares of Vegetarian Snacks (2nd Biggest HW Type in Global Snacks): % Value 2019-2023

Table 23 Company Shares of Organic Snacks (3rd Biggest HW Type in Global Snacks): % Value 2019-2023

Table 24 Company Shares of Vegan Snacks (4th Biggest HW Type in Global Snacks): % Value 2019-2023

Table 25 Company Shares of No Allergens Snacks (5th Biggest HW Type in Global Snacks): % Value 2019-2023

Table 26 Forecast Sales of Snacks by Health and Wellness Type: Value 2023-2028

Table 27 Forecast Sales of Snacks by Health and Wellness Type: % Value Growth 2023-2028

HW DAIRY PRODUCTS AND ALTERNATIVES IN MEXICO

KEY DATA FINDINGS

2023 DEVELOPMENTS

Good source of vitamins leads sales as consumers appreciate added health benefits

Vegan dairy products and alternatives gain ground as plant-based lifestyles rise

Packaging and production regulations partner with obesity concerns to influence buying habits

PROSPECTS AND OPPORTUNITIES

High protein gains relevance as consumers focus on diet and exercise regimes

The lactose free claim drives growth, as consumers without intolerances look for gut health benefits

The natural claim gains ground as consumers become wary of artificial ingredients and ultra processed foods

MARKET DATA

Table 28 Sales of Dairy Products and Alternatives by Health and Wellness Type: Value 2019-2023

Table 29 Sales of Dairy Products and Alternatives by Health and Wellness Type: % Value Growth 2019-2023

Scotts International. EU Vat number: PL 6772247784

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com

Table 30 Company Shares of Organic Dairy Products and Alternatives (Biggest HW Type in Global Dairy Products and Alternatives): % Value 2019-2023

Table 31 Company Shares of Good Source of Minerals Dairy Products and Alternatives (2nd Biggest HW Type in Global Dairy Products and Alternatives): % V

Table 32 Company Shares of Gluten Free Dairy Products and Alternatives (3rd Biggest HW Type in Global Dairy Products and Alternatives): % Value 2019-20

Table 33 Company Shares of Lactose Free Dairy Products and Alternatives (4th Biggest HW Type in Global Dairy Products and Alternatives): % Value 2019-2

Table 34 Company Shares of Low Fat Dairy Products and Alternatives (5th Biggest HW Type in Global Dairy Products and Alternatives): % Value 2019-2023

Table 35 Forecast Sales of Dairy Products and Alternatives by Health and Wellness Type: Value 2023-2028

Table 36 Forecast Sales of Dairy Products and Alternatives by Health and Wellness Type: % Value Growth 2023-2028

HW COOKING INGREDIENTS AND MEALS IN MEXICO

KEY DATA FINDINGS

2023 DEVELOPMENTS

Natural is the leading health and wellness claim as concerns around artificial ingredients rise

Double-digit growth for omega 3 edible oils, offering positive health benefits?

Rising interest in plant-based food to support demand for vegan and dairy free products

PROSPECTS AND OPPORTUNITIES

Natural products lead sales as concerns surrounding ultra-processed foods rise

Trans fat regulations shape innovations and buying habits in cooking ingredients and meals

A rising number of consumers without intolerances choose gluten free goods

MARKET DATA

Table 37 Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2019-2023

Table 38 Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2019-2023

Table 39 Company Shares of Organic Cooking Ingredients and Meals (Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 40 Company Shares of Gluten Free Cooking Ingredients and Meals (2nd Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 41 Company Shares of Vegetarian Cooking Ingredients and Meals (3rd Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 42 Company Shares of Vegan Cooking Ingredients and Meals (4th Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 43 Company Shares of Natural Cooking Ingredients and Meals (5th Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2023

Table 44 Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2023-2028

Table 45 Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2023-2028

HW STAPLE FOODS IN MEXICO

KEY DATA FINDINGS

2023 DEVELOPMENTS

Rising demand for gluten free good as consumers without intolerances appreciate the claim

Vegan and plant-based claims gain ground as consumers migrate to meat free diets

Regulation for trans fats influence innovations and buying habits across staple foods

PROSPECTS AND OPPORTUNITIES

Gluten free and lactose free claims gain pace as gut health becomes a priority

High protein registers ongoing growth as consumers look to support healthier lifestyles

No allergens registers strong growth as consumers' awareness of allergies grow

Scotts International. EU Vat number: PL 6772247784

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com

MARKET DATA

Table 46 Sales of Staple Foods by Health and Wellness Type: Value 2019-2023

Table 47 Sales of Staple Foods by Health and Wellness Type: % Value Growth 2019-2023

Table 48 Company Shares of Gluten Free Staple Foods (Biggest HW Type in Global Staple Foods): % Value 2019-2023

Table 49 Company Shares of Organic Staple Foods (2nd Biggest HW Type in Global Staple Foods): % Value 2019-2023

Table 50 Company Shares of High Fibre Staple Foods (3rd Biggest HW Type in Global Staple Foods): % Value 2019-2023

Table 51 Company Shares of Vegetarian Staple Foods (4th Biggest HW Type in Global Staple Foods): % Value 2019-2023

Table 52 Company Shares of No Allergens Staple Foods (5th Biggest HW Type in Global Staple Foods): % Value 2019-2023

Table 53 Forecast Sales of Staple Foods by Health and Wellness Type: Value 2023-2028

Table 54 Forecast Sales of Staple Foods by Health and Wellness Type: % Value Growth 2023-2028

Scotts International. EU Vat number: PL 6772247784

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com

Health and Wellness in Mexico

Market Direction | 2024-08-15 | 69 pages | Euromonitor

To place an Order with Scotts International:

- ☐ - Print this form
- ☐ - Complete the relevant blank fields and sign
- ☐ - Send as a scanned email to support@scotts-international.com

ORDER FORM:

Select license	License	Price
	Single User Licence	€2150.00
	Multiple User License (1 Site)	€4300.00
	Multiple User License (Global)	€6450.00
		VAT
		Total

*Please circle the relevant license option. For any questions please contact support@scotts-international.com or 0048 603 394 346.

** VAT will be added at 23% for Polish based companies, individuals and EU based companies who are unable to provide a valid EU Vat Numbers.

Email*	<input type="text"/>	Phone*	<input type="text"/>
First Name*	<input type="text"/>	Last Name*	<input type="text"/>
Job title*	<input type="text"/>		
Company Name*	<input type="text"/>	EU Vat / Tax ID / NIP number*	<input type="text"/>
Address*	<input type="text"/>	City*	<input type="text"/>
Zip Code*	<input type="text"/>	Country*	<input type="text"/>
		Date	<input type="text" value="2025-05-07"/>
		Signature	<input type="text"/>

Scotts International. EU Vat number: PL 6772247784

tel. 0048 603 394 346 e-mail: support@scotts-international.com

www.scotts-international.com