

Sesame Seed - Market Share Analysis, Industry Trends & Statistics, Growth Forecasts (2025 - 2030)

Market Report | 2025-04-28 | 157 pages | Mordor Intelligence

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Report description:

The Sesame Seed Market size is estimated at USD 7.87 billion in 2025, and is expected to reach USD 8.95 billion by 2030, at a CAGR of 2.6% during the forecast period (2025-2030).

Key Highlights

- Sesame is one of the oldest oil seeds, widely consumed due to its protein, high oil content, and other nutritional elements. Its seed has become an essential ingredient of food and feed. Across the world, there is a growing appetite for healthy ingredients in diets among consumers, particularly the millennial population across North America, Europe, and Asia Pacific. Further, the market will likely have a high growth rate during the forecast period. The changing consumer consumption patterns and a rapid rise in awareness concerning health are raising the demand for sesame seeds as a functional ingredient. The increasing demand for organic sesame also drives the market's demand.
- In addition, sesame is loaded with powerful amino acids, such as polyphenols and tryptophan, which help decrease weight. This, in turn, boosted its acceptance of many baked products and packed goods, and, lastly, it was an ingredient in many food and beverage products in countries like the US, China, the United Kingdom, Germany, and Brazil.
- Growing consciousness in European countries towards the health benefits offered by the consumption of sesame seeds is boosting the growth of the sesame industry. Sesame is widely utilized in the bakery industry of Germany, for instance, in bread buns and pretzels offered by the consumption of sesame seeds is boosting the growth of the sesame seed industry. Sesame seeds are widely utilized in the bakery industry of Germany, for instance, in bread buns and pretzels. As per the Federation of German Food and Drink Industries, the bakery and confectionary sectors constituted 9.8% and 7.2% of the value of the German food and drink industry in the recent year.
- Sesame is the main ingredient in Chinese cuisine. Toasted black and white sesame seeds are sprinkled on salads, sesame paste is added to sauces and delightfully aromatic sesame oil is used to flavor everything from dips to marinades and finish a stir-fry.

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Aside from its use as a popular baking ingredient, sesame seeds are used as an oil or a high-protein feed for poultry. Consequently, as demand for sesame surges, the country's imports of sesame have risen, a trend likely to detect substantial growth in the coming years. For instance according to FAOSTAT, China import of sesame seeds was 1,060,381.96 metric tons in 2020, which increased by 1,110,861.87 in 2022.

Sesame Seed Market Trends

Rising Demand for Sesame as a Functional Ingredient

The sesame crop is considered one of the most vital crops in developing countries, as it is well cultivated in sandy lands, is heavy and light yellow, and has been newly reclaimed. Over the years, sesame seed production and demand have increased. According to FAOSTAT, Brazil, China, India, Japan, Tanzania, and Sudan are major sesame-producing countries. For instance, in 2021, global sesame seed production was 6.67 million metric tons, which increased to 6.74 million metric tons in 2022.

The increasing demand for sesame seed as a functional ingredient in several foods is due to its ability to facilitate reduced hypertension and digestion. Rich sources of antioxidants, polyphenols, vitamins, minerals, etc., drive the market. The popularity of these seeds has expanded considerably over the recent past with product launches, as consumers are more inclined toward natural and wholesome ingredients. The market is propelled by consumer preference toward functional and health-based naturally derived products. The rising application of sesame seeds as an antioxidant source in various pharmaceutical formulations will likely drive the sesame seeds market soon. Therefore, increasing demand for sesame seeds as a functional ingredient in several foods will drive production during the forecast period.

North America is the One of the Major Consumers of Sesame Seeds

Consumers around the North American region are looking for healthy ingredients in their diets owing to increased obesity rates. According to the CDC, in 2021, the prevalence of US obesity increased from 30.5% to 41.9%. During the same year, the incidence of severe obesity increased from 4.7% to 9.2%. Consequently, sesame seeds have gained consumer attraction over the last few years due to their healthy profile.

Sesame seeds are high in powerful amino acids, like tryptophan and polyphenols, which aid in weight loss. This, in turn, has boosted their adoption in many of the baking products, packed goods, and as an ingredient in many of the food and beverage products in American cuisine. In the United States, sesame seeds have increased in many packaged goods and baked products, and they are an ingredient in many culinary and beverage products in American cuisine. Sesame seeds are used as a confectionery topping, baked goods, and condiment in the United States.

Additional Benefits:

- The market estimate (ME) sheet in Excel format
- 3 months of analyst support

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