

Global High Fiber Snacks Market: Growing Health Awareness to Drive Market Growth: says The Niche Research

Global High Fiber Snacks Market to Witness CAGR of 9% from 2023 to 2031 and reach US\$ 56.25 Billion by End of the Forecast Period

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/EINPresswire.com/ -- Global High Fiber Snacks Market Synopsis

High fiber snacks are food options designed to be rich in dietary fiber, which offers numerous health benefits.

These snacks are crafted to provide convenience while incorporating ingredients like whole grains, fruits, vegetables, nuts, and seeds. Dietary fiber aids digestion, promotes a feeling of fullness, and helps regulate blood sugar levels. Soluble fiber, found in oats and fruits, can lower cholesterol, while insoluble fiber in vegetables supports digestive regularity. High fiber snacks, such as whole grain bars, fruits with skin, or nut mixes, offer a satisfying and nutritious way to increase daily fiber intake, contributing to improved overall health and well-being.

Read Full Report: [Global High Fiber Snacks Market Study](#)

Prior to the COVID-19 outbreak, the high fiber snacks market was shaped by a growing trend of health-conscious consumers seeking convenient and nutritious options. High-fiber snacks, including cereal and granola bars, nuts and seeds, and dried fruits, were gaining traction due to heightened awareness of dietary health benefits. The COVID-19 pandemic significantly impacted the High Fiber Snacks Market. A heightened focus on health and immunity drove a surge in demand for nutrient-rich snacks. Consumers increasingly turned to high-fiber options to support their well-being. Cereal and granola bars' convenience and shelf-stable nature appealed to the at-home consumption trend.

Global High Fiber Snacks Market Growth Drivers:

- Growing Health Awareness: A significant driver in the high fiber snacks market is the increasing health awareness among consumers. A survey conducted by the International Food Information

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High Fiber Snacks Market

Council (IFIC) revealed that health-consciousness influences food choices, with 85% of respondents considering fiber content. Consumers are seeking snacks that offer nutritional benefits, such as improved digestion and weight management. This trend aligns with the "2021 Food & Health Survey," which highlighted the preference for fiber-rich foods. High fiber snacks, including nuts and seeds, address these health concerns, driving demand for convenient and wholesome options.

- **Rise of Plant-Based Diets:** The surge in plant-based diets is propelling the market. High fiber snacks like dried fruits, whole grain bars, and trail mix align with plant-based diets, providing essential nutrients and satisfying cravings. The "Plant-Based Eating: A Multi-Country Perspective" study emphasized the shift towards plant-focused eating habits. This trend encourages the adoption of fiber-rich plant-based snacks, driving market growth and catering to consumers seeking sustainable and ethically sourced options.
- **Convenience and On-the-Go Lifestyles:** The demand for convenient snacks catering to busy lifestyles is a significant driver in the high fiber snacks market. The "State of Snacking" survey by Mondelez International highlighted that 80% of global consumers snack daily. High fiber snacks like cereal bars and trail mixes offer a balance between convenience and nutrition. The proliferation of snacking occasions aligns with the trend of functional eating, where snacks serve as a quick energy source. The need for portable, satiating, and nutrient-packed options drives manufacturers to innovate and offer a diverse range of high fiber snacks that cater to modern consumers' on-the-go lifestyles.

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Global High Fiber Snacks Market Recent Developments:

- The high fiber snacks market is growing rapidly, due to increasing health consciousness among consumers and the growing demand for convenient and healthy snacks. Some of the recent developments in the high fiber snacks market include the introduction of new and innovative products, the growth of the organic and natural food market, the increasing popularity of gluten-free snacks, and the growth of the online retail market.
- The Asia Pacific region exhibits highest growth rate in the high fiber snacks market due to evolving consumer habits and a rising health-conscious population. Market analyses from As urbanization escalates and disposable incomes increase, consumers seek convenient and nutritious snack options. This trend, combined with the introduction of innovative high fiber snack offerings, fuels the market's swift expansion in the Asia Pacific region.

Global High Fiber Snacks Market Participants & Developments

- o Ardent Mills
- o Bearded Brothers
- o BiteBox
- o Energy Bar Foods
- o Flowers Foods
- o General Mills Inc.
- o Grain Millers, Inc.

- o Hodgson Mill
- o Kellogg Co.
- o Mojo Snacks
- o Other Industry Participants

In April 2023, Flower Foods, Inc., introduced four fresh bread and snack offerings under its emerging labels, specifically Nature's Own, Tastykake, and Wonder, with the aim of meeting the preferences of our valued consumers.

In April 2022, Ardent Mills introduced a range of gluten-free flour blends and Keto-friendly flour blends into the Canadian market as part of its efforts to broaden its product portfolio.

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Global High Fiber Snacks Market:

By Nature

- o Organic
- o Conventional

By Product

- o Cereal and Granola Bars
- o Nuts and Seeds
- o Dried Fruits
- o Biscuits and Cookies
- o Trail Mix Snacks
- o Others

By Distribution Channel

- o Supermarkets/Hypermarkets
- o Specialty Stores
- o Convenience Stores
- o Online Retailers
- o Others

By Region

- o North America (U.S., Canada, Mexico, Rest of North America)
- o Europe (France, The UK, Spain, Germany, Italy, Nordic Countries (Denmark, Finland, Iceland, Sweden, Norway), Benelux Union (Belgium, The Netherlands, Luxembourg), Rest of Europe)
- o Asia Pacific (China, Japan, India, New Zealand, Australia, South Korea, Southeast Asia (Indonesia, Thailand, Malaysia, Singapore, Rest of Southeast Asia), Rest of Asia Pacific)
- o Middle East & Africa (Saudi Arabia, UAE, Egypt, Kuwait, South Africa, Rest of Middle East & Africa)
- o Latin America (Brazil, Argentina, Rest of Latin America)

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