

Allulose Market Outlook, Top Leading Players, Segments and Forecast by 2032

Increase in number of people suffering from obesity, extensive use of allulose by various manufacturers in f&b industry for health supplements and beverages.

WILMINGTON, DE, UNITED STATES, October 3, 2025 /EINPresswire.com/ -- [Allulose market size](#) was generated \$162.40 million in 2021, and is projected to generate \$387.40 million by 2030, growing with a CAGR of 10.1% from 2022 to 2030.



Increase in the number of people suffering from obesity, extensive use of allulose by various manufacturers in the food and beverage industry for a variety of health supplements and beverages, and rapid inclination towards allulose among health-conscious individuals are expected to drive the growth of the global allulose market. On the other hand, restrictions and health hazards on excessive consumption of sugar are predicted to hinder the growth to some extent. However, remarkable perks of allulose such as regulation of blood sugar levels and reduction of the risk of chronic diseases such as arthritis and irritable bowel syndrome (IBS) are expected to create ample opportunities for the growth of the industry.

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Sugar reduction is a growing trend in the food sector, and allulose helps in achieving this goal owing to its low-calorie content. People of all age groups are focusing on reducing the consumption of refined sugar and processed food items. The popularity of natural food products with zero-calorie sweeteners is increasing significantly as consumers are becoming more health conscious. These factors are anticipated to positively drive the allulose market demand in the upcoming years.

Allulose is a rare sugar naturally derived from raisins, figs, wheat, maple syrup, and molasses. Allulose tastes similar to sugar and offers health benefits that help in dealing with obesity, and

cardiovascular diseases owing to its low-calorie content. Allulose has a similar texture and taste as that of table sugar and it is 70% as sweet as sugar. Early research studies suggest that allulose has anti-inflammatory properties that prevent the risk of chronic diseases such as obesity.

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Allulose plays a major role in regulating blood sugar, boosting the fat loss journey, and offering protection against fatty liver. Allulose helps manage diabetes as it is very low in calories that are known to improve insulin sensitivity among diabetic patients. Allulose helps in reducing unhealthy fats also known as belly fat or visceral fat. An increase in visceral fat increases the risk of heart disease. The consumption of allulose does not lead to the accumulation of sugar in the blood which boosts the fat burning process and prevents obesity. Furthermore, allulose offers protection against fatty liver by preventing weight gain, proving insulin resistance, and minimizing the risk of type 2 diabetes. Allulose does not affect your blood glucose or insulin levels which makes it a viable sugar substitute. Allulose has also received approval from the Food and Drug Administration (FDA) and it is recognized as safe for use. These factors are anticipated to boost the allulose market growth during the forecast period.

The allulose market is segmented on the basis of nature, type, application, and region. By nature, the market is divided into organic and conventional. By type, the market is classified into powder, liquid, and crystal. By application, the market is divided into food, bakery and confectionery, dairy and frozen desserts, sauces and dressings, beverages, and others. By region, the market is analyzed across North America, Asia-Pacific, and LAMEA.

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Based on region, the North America region held the lion's share in 2021, garnering around half of the global market. The LAMEA region, on the other hand, is predicted to cite the fastest CAGR of 11.0% during the forecast period.

The key players analyzed in the global [allulose industry](#) report include Anderson Global Group, Apura Ingredients, Bonumose LLC, Cargill, Incorporated, CJ CheilJedang, Ingredion Incorporated, Matsutani Chemical Industry Co. Ltd., McNeil Nutritionals, Quest Nutrition and Tate & Lyle.

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David Correa
Allied Market Research
+ + + + +1 800-792-5285

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