

Walnut Oil Market Explore Future Growth by 2032 | Chinaplantoil, VedaOils, Plenty Foods, AG Industries, O&3 Limited

Rising preference for vegan snacks among people and the growing awareness regarding the health benefits of walnut oil are projected to drive the market's growth

WILMINGTON, DE, UNITED STATES, December 1, 2025 /EINPresswire.com/ -- The global [walnut oil industry](#) was generated \$925.4 million in 2022, and is anticipated to generate \$1,718.8 million by 2032, rising at a CAGR of 6.6% from 2023 to 2032.



The growing usage of walnut oil as a dietary supplement and the rising preference of people for vegan snacks along with the increasing popularity of plant-based diets are the factors expected to drive the growth of the global walnut oil market in the forecast period from 2023 to 2032. However, the high production costs due to processes involving manual harvesting, careful drying, and specialized packaging may restrict market growth in the coming future. On the contrary, the growing demand for natural & nutritional ingredients in cosmetics and the increasing awareness regarding the health benefits of walnut oil are expected to offer remunerative opportunities for the expansion of the walnut oil market during the forecast period.

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Increased awareness regarding the health benefits of walnut oil is one of the most important factors expected to drive market growth during the forecast period. In addition, due to an increase in demand, some cosmetic and personal care manufacturer are incorporating walnut oil into their product formulations and expanding business-to-business distribution, contributing to the walnut oil market growth in the upcoming years.

The most common walnut oil species is *Juglans regia*, often known as English walnut or walnut.

Walnut oil is extracted using either a solvent extraction method or a cold pressing method. This oil has a high concentration of Omega 3 essential fatty acids, making it suitable for skin care. Walnut contains minerals such as iron, sodium, selenium, zinc, calcium, magnesium, and phosphorus. The oil is believed to have powerful emollient properties, leaving the skin smooth and soft.

The increasing usage of walnut oil as a dietary supplement has raised awareness regarding its health advantages. Walnut oil is becoming more popular as a source of critical elements such as antioxidants and vitamins. It is considered as a dietary supplement due to its ability to promote heart health, cognitive function, and general well-being. The walnut oil can be simply integrated into a variety of culinary applications, improving both flavor and nutrient content. Walnut oil emerges as an easy and beneficial supplement, as people increasingly obtain natural options to enhance their health. This trend aligns with a larger movement towards proactive wellness, where individuals actively choose preventive measures and holistic approaches to maintain and improve their overall well-being. Its nutritional richness positions walnut oil as a versatile choice for those aiming to augment their diet with a natural and wholesome source of key nutrients. All these factors are anticipated to drive the walnut oil market growth during the forecast period.

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The high processing cost of walnut oil poses a potential hindrance to market growth. The intricate process involves manual harvesting, careful drying, and specialized packaging to maintain the oil's delicate texture and freshness. These labor-intensive and resource-demanding steps contribute to higher production expenses. The additional costs associated with processing may impact the profit margins of producers and market players, potentially impeding the overall growth of the walnut oil market as consumers may search for more cost-effective alternatives in the face of these processing-related challenges.

The rising awareness regarding the health benefits of walnut oil is poised to create considerable growth opportunities in the market. As consumers become more health-conscious, the dietary richness of walnut oil, encompassing omega-3 fatty acids and antioxidants, has gained attention. Walnut oil is valued for its potential to promote heart health and overall well-being, positioning it as a sought-after choice in the market. Its recognition reduced from its perceived benefits, making it a desirable option for those prioritizing cardiovascular health and overall wellness. This increased awareness is anticipated to lead to an increase in demand across several sectors, such as culinary and beauty applications. Producers and marketers can benefit by the growing health consciousness trend, presenting a appropriate opportunity to promote walnut oil as a natural and beneficial choice. It caters to individuals seeking nutritious options not only in their dietary preferences but also in their personal care routines. These factors are anticipated to boost the walnut oil market opportunities expansion in the upcoming years.

The walnut oil market share is segmented based on grade, application, distribution channel, and

region. By grade, it is classified into food grade, cosmetic grade, and pharma grade. By application, it is divided into food & beverage, cosmetics, pharmaceuticals, aromatherapy, and others. By distribution channel, it is classified into online retail, supermarkets/hypermarkets, and specialty stores. By region, the market is analyzed across North America, Europe, Asia-Pacific, and LAMEA.

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The [walnut oil market size](#) in the Asia-Pacific region accounted for the largest share of 41.5% in 2022 and is predicted to grow at the highest CAGR of 8.0% during the forecast period. This growth is mainly owing to the region's rich culinary traditions that favor the unique flavor of walnut oil. The expanding cosmetic and personal care sectors also contribute significantly, utilizing walnut oil for its acclaimed skin benefits. Besides, a robust economic landscape and a preference for premium, health-oriented products amplify the regional demand.

Leading Players in the Walnut Oil Market:

VdaOils
AOS Products Pvt. Ltd.
ROLAND FOODS, LLC
Plenty Foods
KUNHUA BIOLOGICAL TECHNOLOGY CO., LTD
SVA Organics
O&3 Limited
Ji'An ZhongXiang Natural Plants Co.,Ltd.
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David Correa
Allied Market Research
+ + + + + + + +1 800-792-5285

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