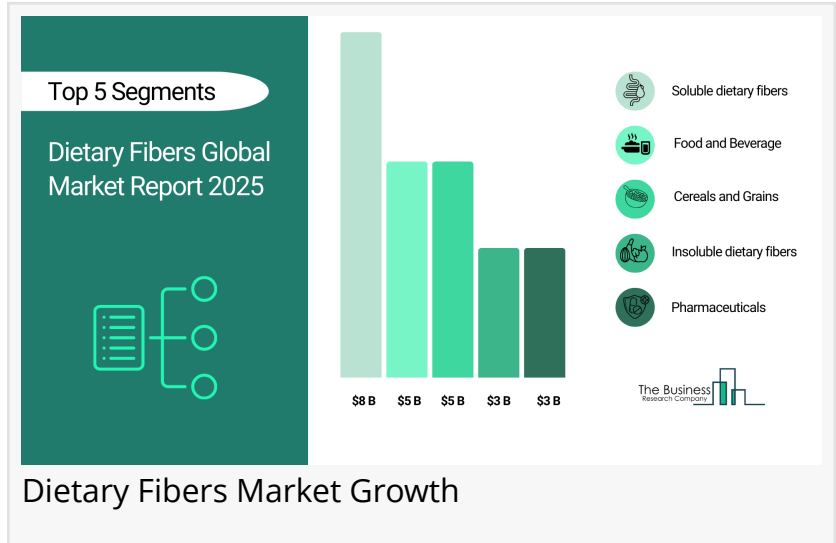


# Dietary Fibers Market In 2029

*The Business Research Company's Dietary Fibers Global Market Report 2025 - Market Size, Trends, And Global Forecast 2025-2034*

LONDON, GREATER LONDON, UNITED KINGDOM, December 29, 2025 /EINPresswire.com/ -- [Dietary Fibers Market](#) to Surpass \$16 billion in 2029.

In comparison, the Specialty Foods which is considered as its parent market, is expected to be approximately \$456 billion by 2029, with Dietary Fibers market to represent around 3% of the parent market. Within the broader Food And Beverages industry, which is expected to be \$8,783 billion by 2029, the Dietary Fibers market is estimated to account for nearly 0.2% of the total market value.



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*The Business Research Company*

Which Will Be the Biggest Region in the Dietary Fibers Market in 2029

Asia-Pacific will be [the largest region in the dietary fibers market in 2029](#), valued at \$7,082 million. The market is expected to grow from \$4,186 million in 2024 at a compound annual growth rate (CAGR) of 11%. The rapid growth in the forecast period can be attributed to the increasing demand for convenience food and favourable government initiatives.

Which Will Be The Largest Country In The Dietary Fibers Market In 2029?

The USA will be the largest country in the dietary fibers market in 2029, valued at \$3,164 million. The market is expected to grow from \$2,139 million in 2024 at a compound annual growth rate (CAGR) of 8%. The strong growth in the forecast period can be attributed to the increasing demand for convenience food and the rising consumer interest in personalized nutrition.

Request a free sample of the Dietary Fibers Market report

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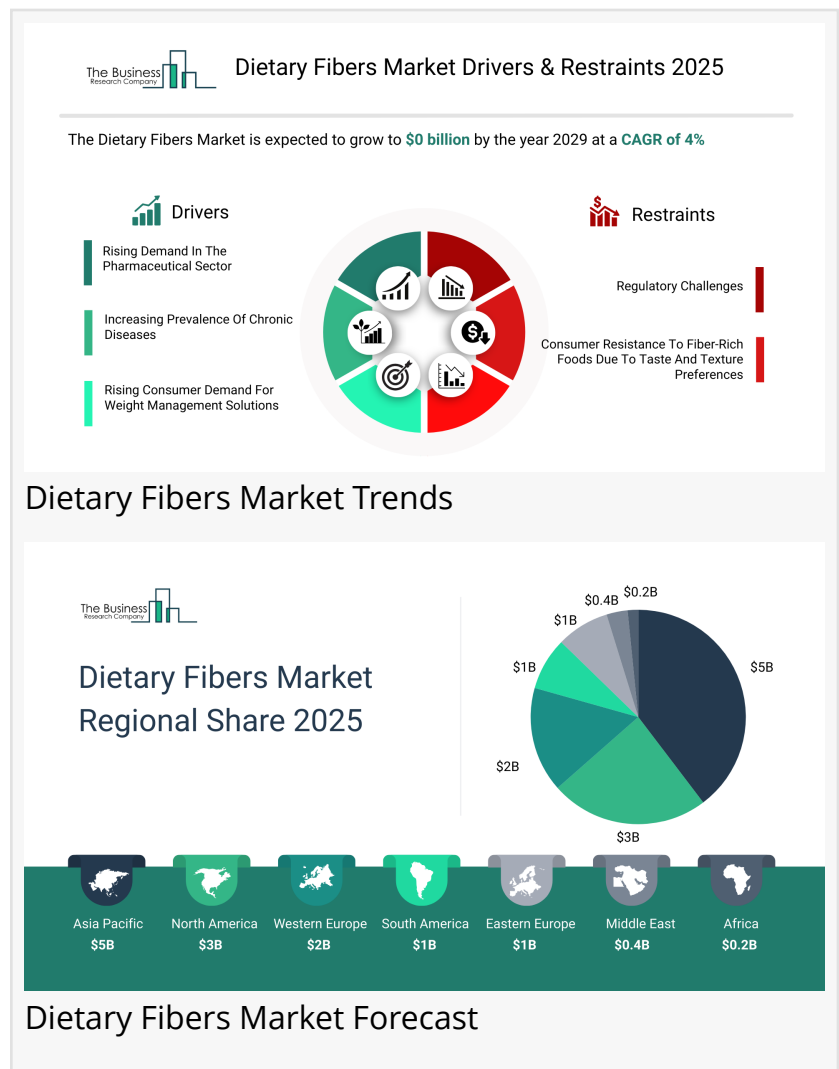
## What will be Largest Segment in the Dietary Fibers Market in 2029?

The dietary fibers market is by product into soluble dietary fibers and insoluble dietary fibers. The soluble dietary fibers market will be [the largest segment of the dietary fibers market](#) segmented by product, accounting for 70% or \$11,202 millions of the total in 2029. The soluble dietary fibers market will be supported by increasing consumer preference for gut health and digestive wellness, rising demand for functional foods and beverages, expanding applications in weight management and blood sugar control, growing awareness of prebiotics and their role in immune support, technological advancements in fiber extraction and formulation, regulatory approvals promoting fiber fortification and increasing research on the health benefits of soluble fibers.

The dietary fibers market is segmented

by raw material into fruits and vegetables, cereals and grains, legumes and nuts and seeds. The cereals and grains market will be the largest segment of the dietary fibers market segmented by raw material, accounting for 47% or \$7,462 millions of the total in 2029. The cereals and grains market will be supported by high consumer acceptance of fiber-rich grains such as oats, barley and wheat, rising demand for whole grain-based functional foods, increasing application in gluten-free and high-fiber bakery products, growing emphasis on heart health benefits linked to cereal fibers, advancements in fiber enrichment processes, expanding usage in fortified breakfast cereals and snacks and supportive government dietary guidelines promoting whole grain consumption.

The dietary fibers market by application into food and beverage, pharmaceuticals, animal feed and other applications. The food and beverage market will be the largest segment of the dietary fibers market segmented by application, accounting for 44% or \$7,012 millions of the total in 2029. The food and beverage market will be supported by increasing consumer preference for functional and fortified foods, rising demand for clean-label and natural fiber ingredients, expanding application in plant-based and dairy alternative products, growing health awareness regarding digestive wellness, advancements in fiber enrichment technologies, increasing regulatory approvals for fiber fortification and rising popularity of high-fiber snacks and



beverages.

What is the expected CAGR for the Dietary Fibers Market leading up to 2029?

The expected CAGR for the dietary fibers market leading up to 2029 is 10%.

What Will Be The Growth Driving Factors In The Dietary Fibers Market In The Forecast Period?

The rapid growth of the global dietary fibers market leading up to 2029 will be driven by the following key factors that are expected to reshape nutrition science, food formulation, and health-focused manufacturing processes worldwide.

**Rising Demand In The Pharmaceutical Sector-** The rising demand in the pharmaceutical sector will become a key driver of growth in the dietary fibers market by 2029. The pharmaceutical sector encompasses industries involved in the research, development, production and distribution of medicinal drugs and therapies to improve healthcare outcomes. Dietary fiber is playing a significant role in boosting the pharmaceutical market due to its increasing recognition for promoting health and managing various medical conditions. As a result, the rising demand in the pharmaceutical sector is anticipated to contributing to a 1.5% annual growth in the market.

**Increasing Prevalence Of Chronic Diseases-** The increasing prevalence of chronic diseases support will emerge as a major factor driving the expansion of the dietary fibers market by 2029. Chronic diseases are long-term health conditions, such as cardiovascular diseases, diabetes, and cancer, that progress slowly and often require ongoing medical management. The increasing prevalence of chronic diseases is driven by factors like aging populations, sedentary lifestyles, and poor dietary habits, with the impact of unhealthy diets evident through rising cases of obesity-linked conditions. Dietary fibers play a crucial role in this trend, as insufficient fiber intake contributes to metabolic disorders, digestive issues, and poor gut health, further exacerbating the burden of chronic diseases. Consequently, the increasing prevalence of chronic diseases is projected to contributing to a 1.0% annual growth in the market.

**Rising Consumer Demand For Weight Management Solutions-** The rising consumer demand for weight management solutions as a major factor driving the expansion of the dietary fibers market by 2029. Weight management solutions encompass a range of strategies, products and interventions designed to help individuals achieve and maintain a healthy weight through diet, exercise, and medical support. Dietary fibers play a crucial role in this demand by promoting satiety, regulating digestion, and supporting metabolic health, making them an essential component in weight management strategies. Consequently, rising consumer demand for weight management solutions is projected to contributing to a 0.8% annual growth in the market.

**Increasing Consumer Interest In Personalized Nutrition-** The increasing consumer interest in personalized nutrition will emerge as a major factor driving the expansion of the dietary fibers market by 2029. Personalized nutrition is a tailored approach to diet and health that considers an individual's genetic, metabolic and lifestyle factors to optimize nutritional intake for improved

well-being. The increasing consumer interest in personalized nutrition is driven by advancements in nutrigenomics, growing health consciousness and the demand for targeted dietary solutions, with the rise of digital health tools enabling individuals to track and customize their nutrition more effectively. Dietary fibers support gut health, regulating blood sugar levels and enhancing digestive function, making them an essential component of personalized dietary plans. Consequently, the increasing consumer interest in personalized nutrition is projected to contributing to a 0.5% annual growth in the market.

Access the detailed Dietary Fibers Market report here:

<https://www.thebusinessresearchcompany.com/report/dietary-fibers-global-market-report>

What Are The Key Growth Opportunities In The Dietary Fibers Market in 2029?

The most significant growth opportunities are anticipated in the soluble dietary fibers market, the dietary cereals & grains market, and the dietary fibers for food and beverage market. Collectively, these segments are projected to contribute over \$9 billion in market value by 2029, driven by rising consumer awareness of digestive health, weight management, and functional nutrition, along with the increasing incorporation of fiber-enriched ingredients across the food and beverage industry. This surge reflects the accelerating adoption of natural, plant-based, and clean-label fiber solutions that enhance product functionality, nutritional value, and consumer appeal. As global dietary trends shift toward preventive health and sustainable nutrition, these developments are expected to fuel transformative growth within the broader dietary fibers industry, positioning it as a cornerstone of the evolving functional food and wellness economy.

The soluble dietary fibers market is projected to grow by \$4,077 million, the dietary cereals & grains market by \$2,819 million, and the dietary fibers for food and beverage market by \$2,428 million over the next five years from 2024 to 2029.

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