

# Pumpkin Seed Protein Market Expected to Expand Driven by Next-Generation Protein Ingredients Through 2030

*The Business Research Company's  
Pumpkin Seed Protein Global Market  
Report 2026 - Market Size, Trends, And  
Forecast 2026-2035*

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/EINPresswire.com/ -- The [pumpkin seed protein market](#) has been gaining

significant traction recently, driven by increasing consumer interest in plant-based nutrition and health-focused diets. As this sector continues to expand, it presents promising opportunities fueled by evolving dietary preferences and advancements in protein extraction technologies. Let's explore the market's size, growth factors, key regional players, and emerging trends shaping its future.



## Steady Growth Forecast for [Pumpkin Seed Protein Market Size](#)

The pumpkin seed protein market has experienced notable growth in recent years, with its valuation expected to rise from \$1.73 billion in 2025 to \$1.83 billion in 2026. This represents a compound annual growth rate (CAGR) of 5.9%. Factors contributing to this increase include the rising popularity of plant-based diets, enhanced awareness of the protein's amino acid composition, expansion within sports and fitness nutrition sectors, broader use of seed-based ingredients, and advancements in protein extraction processes.

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## Long-Term Outlook Projects Strong Market Expansion

Looking ahead, the pumpkin seed protein market is poised for continued growth, anticipated to reach \$2.23 billion by 2030. This growth will occur at a CAGR of 5.1% during the forecast period. Market drivers include a growing demand for allergen-free protein options, increased investments focused on sustainable protein sources, the rise of personalized nutrition products, expanded applications in elderly and clinical nutrition, and heightened attention on functional plant proteins. Key trends shaping this future landscape involve rising consumption of plant-

based protein supplements, broader adoption in sports nutrition, integration into functional foods and beverages, growing preference for organic and clean-label products, and emphasis on nutrient-rich protein sources.

### Understanding Pumpkin Seed Protein and Its Nutritional Benefits

Pumpkin seed protein is derived by extracting and processing pumpkin seeds into a powdered protein form. It is valued for its high content of essential amino acids, especially lysine, along with vital minerals like iron, magnesium, zinc, and antioxidants. This protein is widely used as a dietary supplement to aid muscle growth and repair, boost energy, and support overall health and well-being.

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<https://www.thebusinessresearchcompany.com/report/pumpkin-seed-protein-global-market-report>

### Health Awareness as a Major Growth Catalyst for Pumpkin Seed Protein Market

Increasing health consciousness among consumers is a significant factor driving the pumpkin seed protein market. Health consciousness involves a heightened awareness and proactive approach toward personal health, including diet, exercise, sleep, and stress management. This trend arises from greater awareness of chronic diseases, an emphasis on personalized health, social influences, and a desire for longevity and improved quality of life. Since pumpkin seed protein is rich in essential nutrients and antioxidants, health-aware consumers are actively seeking such nutritive foods and supplements.

### Rising Health-Conscious Eating Patterns Boost Market Demand

For instance, in May 2023, the International Food Information Council (IFIC), a US-based nonprofit focused on food and health research, reported findings from its annual Food and Health Survey. It revealed that 52% of American adults followed a specific dietary pattern in 2023. Among baby boomers, this figure increased from 29% in 2022 to 41% in 2023. Popular eating patterns included high-protein diets (18%), mindful eating (17%), calorie counting (12%), clean eating (12%), and intermittent fasting (12%), highlighting a shift toward more health-conscious dietary behaviors. This growing focus is expected to further stimulate demand for pumpkin seed protein products.

### Asia-Pacific Positioned as the Leading Region for Pumpkin Seed Protein Market

In 2025, Asia-Pacific held the largest share of the pumpkin seed protein market. This region is also projected to be the fastest-growing market during the forecast period. The market analysis includes regions such as Asia-Pacific, South East Asia, Western Europe, Eastern Europe, North America, South America, and the Middle East and Africa, providing a comprehensive global perspective on market trends and opportunities.

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