

Avocado Oil Market Projected to Reach USD 1,674.21 Million by 2035, Driven by Rising Demand for Healthy Cooking Oils

Avocado Oil Market is projected to reach USD 1,674.21 million by 2035 driven by rising demand for premium cooking oils, health-focused diets & natural products.

NEW YORK, NY, UNITED STATES, June 23, 2026 /EINPresswire.com/ -- The global [Avocado Oil Market](#) is poised for substantial expansion over the coming decade as consumers increasingly shift toward healthier dietary habits and premium edible oil alternatives. Growing awareness regarding nutrition, rising disposable incomes, and expanding applications across food, cosmetics, and personal care industries are creating favorable conditions for market growth worldwide.

Industry analysis indicates that the market was valued at USD 608.84 million in 2024 and is estimated to grow to USD 656.88 million in 2025. Over the forecast period from 2025 to 2035, the market is projected to reach USD 1,674.21 million, registering a robust compound annual growth rate (CAGR) of 9.0%.

Market Overview:

Avocado oil has emerged as one of the fastest-growing premium edible oils in the global food industry. Derived from the pulp of avocados, the oil is widely recognized for its nutritional profile, versatility, and high smoke point. Unlike many traditional cooking oils, avocado oil contains beneficial fatty acids and naturally occurring antioxidants, making it increasingly attractive to health-conscious consumers.

Consumer preferences have evolved significantly in recent years, with individuals paying closer



attention to ingredient quality, nutritional value, and product transparency. As a result, avocado oil has transitioned from a niche specialty product to a mainstream ingredient found in households, restaurants, and food manufacturing operations.

Beyond culinary applications, avocado oil has gained widespread acceptance in cosmetics and personal care formulations. Its moisturizing properties and natural composition have made it a sought-after ingredient in skincare, haircare, and wellness products. This diversified demand base is helping create a stable growth environment for manufacturers and suppliers operating in the market.

Market Size:

The market's projected growth reflects the increasing global acceptance of avocado oil across multiple industries. Rising consumer spending on premium food products continues to support demand, particularly in urban regions where health and wellness trends strongly influence purchasing decisions.

The anticipated increase from USD 656.88 million in 2025 to USD 1,674.21 million by 2035 highlights the growing commercial significance of avocado oil. Market expansion is expected to be supported by greater product availability, improved supply chains, and increasing retail penetration through supermarkets, specialty stores, and e-commerce platforms.

Developing economies are expected to contribute significantly to future growth as awareness regarding healthier cooking oils continues to spread among middle-income households. Meanwhile, established markets are likely to witness demand growth through product innovation and premiumization strategies.

Key Growth Drivers:

Rising Consumer Preference for Healthier Cooking Oils

One of the most significant drivers of the avocado oil market is the global shift toward healthier dietary practices. Consumers are increasingly replacing traditional cooking oils with alternatives perceived as more nutritious and natural.

Growing concerns regarding obesity, cardiovascular diseases, and lifestyle-related health conditions have encouraged consumers to seek products that align with wellness-focused lifestyles. Avocado oil's reputation as a premium and nutrient-rich cooking oil has strengthened its position in this evolving marketplace.

The trend is particularly evident among younger consumers, who actively seek food products that support balanced nutrition while maintaining convenience and versatility in cooking

applications.

Increasing Disposable Income and Premium Food Consumption:

Rising income levels across many regions have contributed to increased spending on premium food products. As consumers gain greater purchasing power, they become more willing to invest in higher-quality ingredients that offer perceived health and lifestyle benefits.

Avocado oil falls squarely within this premium food category. Its growing presence in upscale retail outlets and specialty food stores reflects consumer willingness to prioritize quality and nutritional value over price considerations.

This trend is particularly strong in urban areas, where affluent consumers often drive demand for innovative and health-focused food products.

Technological Advancements in Oil Extraction:

Continuous innovation in extraction technologies is playing an important role in market development. Improvements in cold-pressing techniques have enhanced production efficiency while helping manufacturers preserve the natural properties of avocado oil.

Modern processing methods allow producers to improve product consistency, maintain nutritional quality, and reduce production losses. These advancements contribute to greater consumer confidence and support wider adoption across food and personal care applications.

As technology continues to evolve, manufacturers are expected to benefit from improved yields and enhanced operational efficiency, strengthening overall market competitiveness.

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Emerging Market Trends:

Expansion of Western Dietary Patterns:

The adoption of Western-style dietary habits is influencing food consumption patterns in numerous developing countries. Urban consumers are increasingly incorporating premium ingredients into everyday meals, creating new opportunities for avocado oil suppliers.

The popularity of international cuisines, healthy meal preparation, and home cooking trends has contributed to broader awareness of avocado oil's versatility. As consumers experiment with

new cooking methods and ingredients, avocado oil continues to gain recognition as a desirable kitchen staple.

Growth of Clean-Label and Natural Products:

Consumers increasingly prefer products made with simple, recognizable ingredients. This clean-label movement has benefited avocado oil because it is often perceived as a minimally processed and naturally derived product.

Manufacturers are responding by emphasizing transparency, ingredient sourcing, and production methods in product marketing and packaging. This trend is expected to remain a major influence on purchasing decisions throughout the forecast period.

Sustainability and Responsible Sourcing:

Sustainability is becoming an important consideration throughout the food industry. Regulatory requirements and consumer expectations are encouraging companies to provide greater transparency regarding sourcing practices and environmental impacts.

Producers that demonstrate responsible agricultural practices and sustainable supply chain management are expected to gain competitive advantages as sustainability disclosures become increasingly important across global markets.

Market Opportunities:

Growing Demand from Urban Consumers:

Urban populations continue to expand worldwide, creating significant opportunities for premium food products. Busy lifestyles and increasing awareness of nutrition have encouraged consumers to seek healthier alternatives that fit modern dietary preferences.

Avocado oil is well positioned to benefit from these trends due to its versatility across cooking methods, including frying, roasting, grilling, and salad preparation.

Supply Chain Expansion and Improved Availability:

Historically, avocado oil markets have experienced fluctuations linked to agricultural supply conditions. However, ongoing investments in cultivation and processing infrastructure are helping improve supply stability.

Expanding production capacity and broader geographic sourcing are expected to reduce market volatility while supporting greater product availability across global distribution networks.

Growth in Cosmetics and Personal Care Applications:

In addition to food applications, avocado oil is gaining momentum within the cosmetics sector. The ingredient's moisturizing and conditioning properties have encouraged its incorporation into

skincare creams, hair products, massage oils, and wellness formulations.

As consumer preference for natural beauty products continues to rise, manufacturers are expected to increase their use of avocado oil in premium personal care offerings.

Market Segmentation:

□□By Product Type:

The market encompasses multiple avocado oil product categories designed to serve varying consumer and industrial requirements. Premium-grade oils continue to attract strong demand among consumers seeking superior quality and nutritional benefits, while specialized variants support broader commercial applications.

□□By Source:

Source-based segmentation reflects differences in cultivation practices and raw material procurement. Manufacturers increasingly focus on sourcing quality avocados to ensure consistent product performance and meet evolving consumer expectations regarding transparency and sustainability.

□□By Application:

Food applications remain the dominant segment due to the oil's widespread use in cooking, food preparation, dressings, and processed food products. However, cosmetic and industrial applications are also expanding as manufacturers identify new opportunities for ingredient utilization.

□□By End Use:

The market serves household consumers, food service establishments, food processing companies, and personal care manufacturers. Growing awareness of avocado oil's benefits across these end-user groups continues to drive diversified demand and market expansion.

Competitive Landscape and Key Players:

The global avocado oil market remains highly competitive, with companies focusing on product quality, sourcing capabilities, production efficiency, and geographic expansion to strengthen their market positions. Competition is increasingly centered on premium product offerings, sustainable sourcing practices, and innovation in processing technologies.

Manufacturers are investing in advanced extraction methods, quality assurance programs, and supply chain optimization to meet growing consumer expectations. Strategic partnerships, capacity expansions, and distribution network enhancements are also becoming important growth strategies across the industry.

Several companies are actively working to expand their international presence while introducing differentiated product portfolios tailored to evolving consumer preferences. Increasing emphasis on organic and sustainably sourced products is also influencing competitive dynamics throughout the market.

Key companies operating in the Avocado Oil Market include:

- OLVEA Group
- The Hain Celestial Group
- Sesajal S.A. de C.V.
- LIMBUA
- Sovena Group
- La Tourangelle
- Origen Fresh EPZ Limited
- AvoPacific
- Migasa

These companies continue to focus on innovation, operational efficiency, and market expansion initiatives to capitalize on growing global demand for avocado oil products.

Regional Outlook:

□□Americas

The Americas represent a significant share of the global avocado oil market, supported by strong consumer awareness and well-established avocado production capabilities. Demand remains particularly strong in North America, where health-conscious consumers increasingly incorporate premium oils into their diets. The region also benefits from advanced retail infrastructure and widespread availability of avocado-based products.

□□Europe

Europe continues to experience steady growth driven by rising demand for natural and healthy food ingredients. Consumers across the region increasingly seek premium cooking oils and clean-label products that align with wellness-focused lifestyles. Sustainability considerations and regulatory support for transparent food labeling are also contributing to market expansion.

□□Asia Pacific

Asia Pacific is expected to emerge as one of the fastest-growing regional markets during the forecast period. Rapid urbanization, growing middle-class populations, and increasing adoption of international dietary habits are driving demand for premium edible oils. Expanding retail networks and rising awareness of nutritional products are further supporting market growth throughout the region.

☐☐Africa

Africa is gradually becoming an important market for avocado oil, supported by growing agricultural development and increasing consumer awareness regarding healthier food options. As distribution channels improve and purchasing power rises, demand for premium oils is expected to strengthen across several countries.

Future Outlook:

The future of the Avocado Oil Market appears highly promising as consumers continue to prioritize health, nutrition, and product quality in purchasing decisions. The combination of rising disposable incomes, expanding urban populations, and growing acceptance of premium food products is expected to create favorable conditions for sustained market growth.

Technological improvements in cold-pressing methods, expanding applications beyond food, and increasing focus on sustainability are likely to further enhance market potential over the coming decade. As supply chains mature and product availability increases, avocado oil is expected to strengthen its position as a preferred premium oil across global markets.

Frequently Asked Questions:

What is fueling the growth of the Avocado Oil Market?

Growing demand for healthier cooking oils, rising consumer awareness about nutrition, increasing disposable incomes, and expanding use in food and personal care products are key factors driving market growth.

Which region is expected to grow the fastest?

Asia Pacific is anticipated to witness the fastest growth due to rapid urbanization, increasing health awareness, and rising adoption of premium food products.

What are the major applications of avocado oil?

Avocado oil is widely used in cooking, food processing, skincare, haircare, and cosmetic products because of its versatility and natural properties.

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