

Sesame Seeds Market to Reach USD 7.432 Billion by 2035 Driven by Healthy Food Demand at 2.12% CAGR

The Sesame Seeds Market is projected to reach USD 7.432 billion by 2035, supported by rising healthy food demand and expanding plant-based nutrition trends.

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The global [Sesame Seeds Market](#) continues to witness stable expansion as consumers increasingly prioritize nutrient-rich ingredients, functional foods, and plant-based nutrition. Valued at USD 5.9 billion in 2024, the market is estimated to reach USD 6.025 billion in 2025 and is projected to grow to USD 7.432 billion by 2035, registering a compound annual growth rate (CAGR) of 2.12% during the forecast period. The market's growth is fueled by increasing demand across the food processing, bakery, confectionery, edible oil, and health food industries, where sesame seeds are recognized for their exceptional nutritional profile and versatile applications.

Sesame seeds have been cultivated for thousands of years and remain one of the world's most valuable oilseed crops. Rich in protein, dietary fiber, calcium, iron, magnesium, antioxidants, and healthy fats, they have become an essential ingredient in modern diets. Growing awareness regarding heart health, immunity, digestive wellness, and plant-based protein sources is significantly strengthening market demand across both developed and emerging economies.

Competitive Landscape

The competitive landscape remains moderately fragmented with regional processors and international suppliers competing through quality enhancement, sustainable sourcing, product innovation, and global distribution networks. Major companies are expanding processing capacities, strengthening export capabilities, introducing organic product lines, and investing in advanced cleaning, grading, and packaging technologies to meet evolving consumer preferences.



Leading companies operating in the market include Olam International (SG), Sanjay Agro Industries (IN), Agro Products and Agencies (IN), K.K. Seeds (IN), Bajrang Agro Industries (IN), Siddhivinayak Agro Industries (IN), Sankalp Seeds (IN), and Hindustan Seeds (IN).

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One of the strongest growth drivers for the sesame seeds market is the rapid expansion of plant-based nutrition. Consumers seeking alternatives to animal proteins are incorporating sesame seeds into their daily diets through cereals, nutrition bars, salads, smoothies, bakery products, and vegan snacks. Food manufacturers are also leveraging sesame seeds to develop functional foods that deliver higher nutritional value while supporting clean-label product positioning.

Another significant market driver is the increasing popularity of healthy snacking. Consumers worldwide are replacing conventional processed snacks with nutrient-rich alternatives that provide protein, fiber, vitamins, and healthy fats. Sesame-coated snacks, roasted sesame mixes, crackers, granola products, and protein blends continue to gain popularity among health-conscious consumers. This trend encourages manufacturers to introduce innovative product formulations and premium packaging solutions.

Market Segmentation Analysis

By Product Type

Based on product type, the market is segmented into White Sesame Seeds, Black Sesame Seeds, and Brown Sesame Seeds.

White sesame seeds account for the largest market share due to their extensive usage in bakery products, confectionery, sauces, tahini, and edible oil production. Their mild flavor, appealing appearance, and excellent processing characteristics make them highly preferred across commercial food manufacturing.

Black sesame seeds are witnessing increasing demand owing to their higher antioxidant content and popularity in traditional Asian cuisines. Consumers increasingly associate black sesame with improved nutrition, wellness, and premium food products.

Brown sesame seeds continue to maintain steady demand, particularly in regional food processing industries and oil extraction applications, owing to their availability and cost-effectiveness.

By Category

The market is categorized into Organic and Conventional sesame seeds.

Conventional sesame seeds continue to dominate global production because of higher cultivation volumes and lower production costs. These products remain widely used across commercial food manufacturing and edible oil processing industries.

However, the organic segment is expected to record stronger long-term growth as consumers increasingly seek chemical-free, sustainably cultivated food ingredients. Growing certification standards, premium pricing opportunities, and expanding organic retail channels continue supporting this segment's development.

By Application

Based on application, the sesame seeds market includes Food Processing, Bakery & Confectionery, Edible Oil Production, Animal Feed, and Others.

Food processing represents the largest application segment, driven by widespread use in sauces, seasonings, cereals, nutrition bars, ready-to-eat meals, and traditional cuisines worldwide.

Manufacturers increasingly incorporate sesame seeds into value-added products to improve nutritional quality and enhance product appeal.

Bakery and confectionery remain another significant application area, where sesame seeds are widely used in breads, buns, cookies, crackers, pastries, and snack products. Their distinctive flavor, crunchy texture, and nutritional value continue driving widespread adoption.

Edible oil production remains a critical market segment as sesame oil is recognized for its rich flavor, stability, antioxidant properties, and numerous culinary applications. Demand for premium cooking oils further strengthens this segment globally.

Animal feed applications also contribute steadily to market growth, particularly through sesame meal generated after oil extraction, which serves as a valuable protein-rich feed ingredient.

Regional Analysis

Asia-Pacific (APAC) dominates the global sesame seeds market due to extensive cultivation, favorable climatic conditions, large-scale exports, and high domestic consumption. Countries such as India, China, Japan, and several Southeast Asian nations continue to account for substantial production and processing activities. Growing food manufacturing industries and increasing exports further reinforce regional leadership.

North America continues to experience healthy demand driven by increasing consumer awareness regarding plant-based nutrition, organic foods, and functional ingredients. Growing popularity of Mediterranean cuisine, vegan diets, and healthy snack products supports sustained market expansion throughout the region.

Europe represents another important regional market, supported by rising demand for clean-label bakery products, organic foods, premium edible oils, and ethnic cuisines. Strict food quality regulations and growing health consciousness encourage manufacturers to source high-quality sesame products.

South America is gradually expanding due to improving agricultural production, rising food

processing investments, and increasing consumer preference for nutritious ingredients. Market participants continue exploring export opportunities while expanding domestic processing capabilities.

The Middle East and Africa maintain a significant position owing to the long-standing cultural consumption of sesame-based foods, traditional oils, tahini production, and expanding agricultural activities. Increasing investments in food manufacturing further contribute to regional market development.

Emerging Market Trends

Several notable trends are reshaping the sesame seeds market. Product innovation remains a key focus, with manufacturers introducing roasted sesame blends, flavored snacks, fortified nutrition products, and premium organic offerings. Sustainable agriculture practices, traceable supply chains, and environmentally responsible sourcing have also become major competitive differentiators.

Digital retail channels continue expanding product accessibility, enabling manufacturers to reach health-conscious consumers through online grocery platforms and specialty food retailers. Additionally, increasing demand for gluten-free, vegan, and clean-label food products creates new opportunities for sesame-based ingredients across multiple food categories. Advanced processing technologies are improving seed quality, food safety, packaging efficiency, and shelf life, allowing companies to enhance product consistency while meeting stringent international quality standards.

Market Outlook

The future outlook for the sesame seeds market remains positive despite moderate growth. Rising consumer awareness regarding preventive healthcare, balanced nutrition, and plant-based diets continues creating long-term demand opportunities. Increasing applications across food manufacturing, bakery, edible oils, health foods, and nutritional supplements further strengthen market expansion.

Growing investments in sustainable farming, improved seed varieties, precision agriculture, and international trade partnerships are expected to enhance production efficiency and ensure stable supply chains throughout the forecast period. As consumers continue seeking nutritious and minimally processed food ingredients, sesame seeds are likely to maintain their position as a valuable component of the global food industry.

Frequently Asked Questions (FAQs)

Q1. What is driving the growth of the Sesame Seeds Market?

The market is primarily driven by increasing demand for healthy snacks, rising adoption of plant-based proteins, expanding applications in food processing and bakery products, growing consumption of sesame oil, and increasing consumer preference for nutrient-rich ingredients.

Q2. Which region dominates the Sesame Seeds Market?

Asia-Pacific currently dominates the global sesame seeds market due to its extensive cultivation, large-scale production, strong export capabilities, growing food processing industry, and high domestic consumption.

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