

# Riced Cauliflower Market Forecast To Hit \$1.99Billion By 2030 Amid Strong Industry Growth

*The Business Research Company's Riced Cauliflower Global Market Report 2026 – Market Size, Trends, And Forecast 2026-2035*

LONDON, GREATER LONDON, UNITED KINGDOM, September 22, 2026 /EINPresswire.com/ -- The [riced cauliflower market](#) is emerging as a dynamic segment within the food industry, capturing the attention of health-conscious consumers seeking nutritious and convenient alternatives. This shift towards healthier eating habits is driving notable growth, with exciting trends and innovations shaping the market's trajectory. Below is a detailed overview of the current market size, key growth drivers, regional dynamics, and future prospects.

## Riced Cauliflower Market Size and Anticipated Growth Through 2030

The riced cauliflower market has experienced substantial expansion recently. From a market value of \$1.08 billion in 2025, it is projected to reach \$1.22 billion in 2026, growing at a compound annual growth rate (CAGR) of 13.3%. This earlier growth period was fueled by a rising consumer focus on low-carbohydrate diets, increased popularity of gluten-free foods, wider distribution of frozen products, heightened health and wellness awareness, and a growing preference for convenient meal options.

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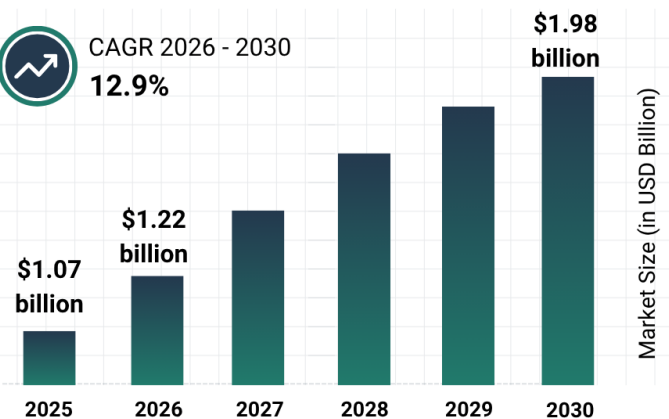
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### Riced Cauliflower Market Report 2026

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CAGR 2026 - 2030  
12.9%



### Riced Cauliflower Market Size

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## Forecasted Expansion of the Riced Cauliflower Market Beyond 2026

Looking further ahead, the riced cauliflower market is expected to continue its strong upward momentum, reaching \$1.99 billion by 2030. This corresponds to a CAGR of 12.9% during the forecast period. Factors contributing to this rapid growth include greater demand for functional food substitutes, innovation in organic and natural product lines, widening use in ready-to-eat meals, more sustainable food processing approaches, and expanded online retail penetration. Key trends likely to influence market developments include the increasing popularity of low-carb foods, the rise of plant-based diets, growth in ready-to-cook and convenience foods, preference for clean-label and organic products, and product innovation in flavored and mixed vegetable varieties.

## Understanding Riced Cauliflower as a Product

Riced cauliflower is essentially cauliflower that has been finely grated or chopped to resemble the texture and appearance of rice. It serves as a popular alternative for consumers looking for a low-calorie, low-carbohydrate, and gluten-free substitute to traditional rice across various culinary uses. This product supports healthier eating by offering a nutrient-rich option that reduces carbohydrate and calorie intake without sacrificing meal diversity or versatility.

View the full riced cauliflower market report:

[https://www.thebusinessresearchcompany.com/report/riced-cauliflower-market-report?utm\\_source=EINPresswire&utm\\_medium=paid&utm\\_campaign=Sep\\_PR](https://www.thebusinessresearchcompany.com/report/riced-cauliflower-market-report?utm_source=EINPresswire&utm_medium=paid&utm_campaign=Sep_PR)

## Health Awareness and Low-Carbohydrate Diet Trends Boosting Market Demand

A key catalyst for the riced cauliflower market's growth is the rising health consciousness among consumers alongside the increasing adoption of low-carbohydrate diets. This movement reflects a broader desire to prioritize better nutrition by minimizing carbohydrate intake and improving overall dietary quality. The growing global incidence of obesity and diet-related chronic conditions is motivating individuals to seek healthier, low-calorie food alternatives. Riced cauliflower fits perfectly within this trend by providing a grain-free, low-calorie rice substitute that appeals to keto followers, diabetics, and those managing their weight.

## Supporting Evidence of Health Trends from Recent Data

For example, in June 2024, the International Food Information Council (IFIC), a US nonprofit, reported that 54% of Americans followed a specific diet or eating pattern over the past year. Protein intake interest rose steadily from 59% in 2022 to 67% in 2023, reaching 71% in 2024. Additionally, about half of consumers aim to consume more fresh foods, widely regarded as the healthiest choices. These statistics highlight a growing health-focused mindset that directly benefits the market for riced cauliflower.

## Regional Overview of the Riced Cauliflower Market

By 2025, North America held the dominant share of the riced cauliflower market, positioning it as the largest regional player. However, the Asia-Pacific region is expected to experience the fastest growth during the forecast period, driven by increasing health awareness and expanding food retail infrastructures. The market report covers key regions including Asia-Pacific, South East Asia, Western Europe, Eastern Europe, North America, South America, the Middle East, and Africa, providing a comprehensive global perspective on market trends and opportunities.

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