



Euromonitor
International

Fresh Food in India

March 2026

Table of Contents

Fresh Food in India

EXECUTIVE SUMMARY

Convenience, safety, and nutrition drive growth and premiumisation in fresh food

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Convenience, safety, and nutrition drive growth and transformation in fresh food in India

Weather-driven disruptions and structural gaps shape fresh food in 2025

Consumer demand for quality, convenience, and functional benefits redefine premiumisation

WHAT'S NEXT?

Digital integration and data-driven supply networks are expected to transform fresh food

Resilience-focused production systems will stabilise fresh food in India

CHANNELS

Traditional stores continue to dominate while rising mobility leads forecourt retailers to gain ground

Quick commerce and retail e-commerce continue to transform access to fresh food

MARKET DATA

Table 1 - Total Sales of Fresh Food by Category: Total Volume 2020-2025

Table 2 - Total Sales of Fresh Food by Category: % Total Volume Growth 2020-2025

Table 3 - Retail Sales of Fresh Food by Category: Volume 2020-2025

Table 4 - Retail Sales of Fresh Food by Category: % Volume Growth 2020-2025

Table 5 - Retail Sales of Fresh Food by Category: Value 2020-2025

Table 6 - Retail Sales of Fresh Food by Category: % Value Growth 2020-2025

Table 7 - Retail Sales of Fresh Food by Packaged vs Unpackaged: % Volume 2020-2025

Table 8 - Retail Distribution of Fresh Food by Format: % Volume 2020-2025

Table 9 - Forecast Total Sales of Fresh Food by Category: Total Volume 2025-2030

Table 10 - Forecast Total Sales of Fresh Food by Category: % Total Volume Growth 2025-2030

Table 11 - Forecast Retail Sales of Fresh Food by Category: Volume 2025-2030

Table 12 - Forecast Retail Sales of Fresh Food by Category: % Volume Growth 2025-2030

Table 13 - Forecast Retail Sales of Fresh Food by Category: Value 2025-2030

Table 14 - Forecast Retail Sales of Fresh Food by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

SOURCES

Summary 1 - Research Sources

Eggs in India

KEY DATA FINDINGS

2025 DEVELOPMENTS

Winter supply gaps and premium trends drive growth for eggs in India

INDUSTRY PERFORMANCE

Seasonal production dips and winter demand drive sharp price spikes in 2025

Demand–supply imbalances and regional shortfalls impact eggs in 2025

WHAT'S NEXT?

Premium, packaged, and safety-assured eggs are set to drive volume growth

Eggs are set to expand in fitness, processed foods and exports

CATEGORY DATA

- Table 15 - Total Sales of Eggs: Total Volume 2020-2025
- Table 16 - Total Sales of Eggs: % Total Volume Growth 2020-2025
- Table 17 - Retail Sales of Eggs: Volume 2020-2025
- Table 18 - Retail Sales of Eggs: % Volume Growth 2020-2025
- Table 19 - Retail Sales of Eggs: Value 2020-2025
- Table 20 - Retail Sales of Eggs: % Value Growth 2020-2025
- Table 21 - Retail Sales of Eggs by Packaged vs Unpackaged: % Volume 2020-2025
- Table 22 - Forecast Total Sales of Eggs: Total Volume 2025-2030
- Table 23 - Forecast Total Sales of Eggs: % Total Volume Growth 2025-2030
- Table 24 - Forecast Retail Sales of Eggs: Volume 2025-2030
- Table 25 - Forecast Retail Sales of Eggs: % Volume Growth 2025-2030
- Table 26 - Forecast Retail Sales of Eggs: Value 2025-2030
- Table 27 - Forecast Retail Sales of Eggs: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Fish and Seafood in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Strengthening fish and seafood through digital innovation and policy support

INDUSTRY PERFORMANCE

The national digital traceability framework is set to transform India’s seafood value chain
GST rate rationalisation boosts affordability and competitiveness in India’s fisheries sector

WHAT’S NEXT?

Government driven infrastructure and capacity upgrades are set to support affordable, higher-quality fish
Retail e-commerce and value-added seafood creating scalable, profitable omnichannel opportunities

CATEGORY DATA

- Table 28 - Total Sales of Fish and Seafood by Category: Total Volume 2020-2025
- Table 29 - Total Sales of Fish and Seafood by Category: % Total Volume Growth 2020-2025
- Table 30 - Retail Sales of Fish and Seafood by Category: Volume 2020-2025
- Table 31 - Retail Sales of Fish and Seafood by Category: % Volume Growth 2020-2025
- Table 32 - Retail Sales of Fish and Seafood by Category: Value 2020-2025
- Table 33 - Retail Sales of Fish and Seafood by Category: % Value Growth 2020-2025
- Table 34 - Retail Sales of Fish and Seafood by Packaged vs Unpackaged: % Volume 2020-2025
- Table 35 - Forecast Total Sales of Fish and Seafood by Category: Total Volume 2025-2030
- Table 36 - Forecast Total Sales of Fish and Seafood by Category: % Total Volume Growth 2025-2030
- Table 37 - Forecast Retail Sales of Fish and Seafood by Category: Volume 2025-2030
- Table 38 - Forecast Retail Sales of Fish and Seafood by Category: % Volume Growth 2025-2030
- Table 39 - Forecast Retail Sales of Fish and Seafood by Category: Value 2025-2030
- Table 40 - Forecast Retail Sales of Fish and Seafood by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Fruits in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Weather disruptions and health trends influence fruit sales in India

INDUSTRY PERFORMANCE

Adverse weather conditions drives fruit price inflation during 2025
Rising health awareness and organic markets boost the demand for chemical free fruit

WHAT'S NEXT?

Climate resilience and food security are expected to stabilise fruit supply
Quick commerce is set to accelerate access to exotic and premium fruits nationwide
Summary 4 - Major Processors of Fruits 2025

CATEGORY DATA

- Table 41 - Total Sales of Fruits by Category: Total Volume 2020-2025
- Table 42 - Total Sales of Fruits by Category: % Total Volume Growth 2020-2025
- Table 43 - Retail Sales of Fruits by Category: Volume 2020-2025
- Table 44 - Retail Sales of Fruits by Category: % Volume Growth 2020-2025
- Table 45 - Retail Sales of Fruits by Category: Value 2020-2025
- Table 46 - Retail Sales of Fruits by Category: % Value Growth 2020-2025
- Table 47 - Retail Sales of Fruits by Packaged vs Unpackaged: % Volume 2020-2025
- Table 48 - Forecast Total Sales of Fruits by Category: Total Volume 2025-2030
- Table 49 - Forecast Total Sales of Fruits by Category: % Total Volume Growth 2025-2030
- Table 50 - Forecast Retail Sales of Fruits by Category: Volume 2025-2030
- Table 51 - Forecast Retail Sales of Fruits by Category: % Volume Growth 2025-2030
- Table 52 - Forecast Retail Sales of Fruits by Category: Value 2025-2030
- Table 53 - Forecast Retail Sales of Fruits by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Meat in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Winter disruptions and export momentum shape meat sales in India

INDUSTRY PERFORMANCE

Winter supply disruptions and festive demand drive meat price inflation in 2025
The government launches its Meat Export Development Fund for global expansion

WHATS NEXT?

Beef production and export capacity are set to expand despite moderate domestic demand
Meat startups are set to pivot to profitable omnichannel and offline models
Summary 5 - Major Processors of Meat 2025

CATEGORY DATA

- Table 54 - Total Sales of Meat by Category: Total Volume 2020-2025
- Table 55 - Total Sales of Meat by Category: % Total Volume Growth 2020-2025
- Table 56 - Retail Sales of Meat by Category: Volume 2020-2025
- Table 57 - Retail Sales of Meat by Category: % Volume Growth 2020-2025
- Table 58 - Retail Sales of Meat by Category: Value 2020-2025
- Table 59 - Retail Sales of Meat by Category: % Value Growth 2020-2025
- Table 60 - Retail Sales of Meat by Packaged vs Unpackaged: % Volume 2020-2025
- Table 61 - Forecast Sales of Meat by Category: Total Volume 2025-2030

Table 62 - Forecast Sales of Meat by Category: % Total Volume Growth 2025-2030
Table 63 - Forecast Retail Sales of Meat by Category: Volume 2025-2030
Table 64 - Forecast Retail Sales of Meat by Category: % Volume Growth 2025-2030
Table 65 - Forecast Retail Sales of Meat by Category: Value 2025-2030
Table 66 - Forecast Retail Sales of Meat by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Nuts in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Younger consumers and wellness trends propel the everyday premiumisation of nuts

INDUSTRY PERFORMANCE

Gen Z's health focus is transforming nuts into essential daily superfoods
Import dependence sustains premium nut pricing during health-led demand

WHAT'S NEXT?

Sustainability and traceability are set to redefine premium nut consumption
Quick commerce and value-added formats are expected to expand everyday access
Summary 6 - Major Processors of Nuts 2025

CATEGORY DATA

Table 67 - Total Sales of Nuts by Category: Total Volume 2020-2025
Table 68 - Total Sales of Nuts by Category: % Total Volume Growth 2020-2025
Table 69 - Retail Sales of Nuts by Category: Volume 2020-2025
Table 70 - Retail Sales of Nuts by Category: % Volume Growth 2020-2025
Table 71 - Retail Sales of Nuts by Category: Value 2020-2025
Table 72 - Retail Sales of Nuts by Category: % Value Growth 2020-2025
Table 73 - Retail Sales of Nuts by Packaged vs Unpackaged: % Volume 2020-2025
Table 74 - Forecast Total Sales of Nuts by Category: Total Volume 2025-2030
Table 75 - Forecast Total Sales of Nuts by Category: % Total Volume Growth 2025-2030
Table 76 - Forecast Retail Sales of Nuts by Category: Volume 2025-2030
Table 77 - Forecast Retail Sales of Nuts by Category: % Volume Growth 2025-2030
Table 78 - Forecast Retail Sales of Nuts by Category: Value 2025-2030
Table 79 - Forecast Retail Sales of Nuts by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Pulses in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Imports, health trends, and protein innovation impacts pulses in 2025

INDUSTRY PERFORMANCE

Imports surge after 2025 rains and floods damage crops in India
Health and convenience drive demand for ready-to-cook premium pulses

WHAT'S NEXT?

Plant proteins are set to drive innovation and growth in pulses
Fortified pulses are expected to gain traction across wellness channels

CATEGORY DATA

- Table 80 - Total Sales of Pulses by Category: Total Volume 2020-2025
- Table 81 - Total Sales of Pulses by Category: % Total Volume Growth 2020-2025
- Table 82 - Retail Sales of Pulses by Category: Volume 2020-2025
- Table 83 - Retail Sales of Pulses by Category: % Volume Growth 2020-2025
- Table 84 - Retail Sales of Pulses by Category: Value 2020-2025
- Table 85 - Retail Sales of Pulses by Category: % Value Growth 2020-2025
- Table 86 - Retail Sales of Pulses by Packaged vs Unpackaged: % Volume 2020-2025
- Table 87 - Forecast Total Sales of Pulses by Category: Total Volume 2025-2030
- Table 88 - Forecast Total Sales of Pulses by Category: % Total Volume Growth 2025-2030
- Table 89 - Forecast Retail Sales of Pulses by Category: Volume 2025-2030
- Table 90 - Forecast Retail Sales of Pulses by Category: % Volume Growth 2025-2030
- Table 91 - Forecast Retail Sales of Pulses by Category: Value 2025-2030
- Table 92 - Forecast Retail Sales of Pulses by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

Starchy Roots in India

KEY DATA FINDINGS

2025 DEVELOPMENTS

Cassava and sweet potato drive growth for starchy roots in India

INDUSTRY PERFORMANCE

Declining potato prices and supply pressures challenge potato purchases in 2025
Processed cassava and sweet potato starch gain from gluten-free demand

WHAT'S NEXT?

Sweet potato and cassava are set to drive starchy root growth in India
Cassava starch expansion integrates fresh roots into everyday retail diets

Summary 8 - Major Processors of Starchy Roots 2025

CATEGORY DATA

- Table 93 - Total Sales of Starchy Roots by Category: Total Volume 2020-2025
- Table 94 - Total Sales of Starchy Roots by Category: % Total Volume Growth 2020-2025
- Table 95 - Retail Sales of Starchy Roots by Category: Volume 2020-2025
- Table 96 - Retail Sales of Starchy Roots by Category: % Volume Growth 2020-2025
- Table 97 - Retail Sales of Starchy Roots by Category: Value 2020-2025
- Table 98 - Retail Sales of Starchy Roots by Category: % Value Growth 2020-2025
- Table 99 - Retail Sales of Starchy Roots by Packaged vs Unpackaged: % Volume 2020-2025
- Table 100 - Forecast Total Sales of Starchy Roots by Category: Total Volume 2025-2030
- Table 101 - Forecast Total Sales of Starchy Roots by Category: % Total Volume Growth 2025-2030
- Table 102 - Forecast Retail Sales of Starchy Roots by Category: Volume 2025-2030
- Table 103 - Forecast Retail Sales of Starchy Roots by Category: % Volume Growth 2025-2030
- Table 104 - Forecast Retail Sales of Starchy Roots by Category: Value 2025-2030
- Table 105 - Forecast Retail Sales of Starchy Roots by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

Sugar and Sweeteners in India

KEY DATA FINDINGS

2025 DEVELOPMENTS

Health-led regulation and premium innovation shape sugar and sweeteners in India

INDUSTRY PERFORMANCE

Health-led behaviours limit volume consumption of sugar in 2025

Sin taxes and regulatory reforms curb sugary soft drink consumption

WHAT'S NEXT?

Sugar-free nutraceuticals are expected to expand into everyday wellness

Plant-based premium sweeteners are set to drive digital transformation

Summary 9 - Major Processors of Sugar and Sweeteners 2025

CATEGORY DATA

Table 106 - Total Sales of Sugar and Sweeteners: Total Volume 2020-2025

Table 107 - Total Sales of Sugar and Sweeteners: % Total Volume Growth 2020-2025

Table 108 - Retail Sales of Sugar and Sweeteners: Volume 2020-2025

Table 109 - Retail Sales of Sugar and Sweeteners: % Volume Growth 2020-2025

Table 110 - Retail Sales of Sugar and Sweeteners: Value 2020-2025

Table 111 - Retail Sales of Sugar and Sweeteners: % Value Growth 2020-2025

Table 112 - Retail Sales of Sugar and Sweeteners by Packaged vs Unpackaged: % Volume 2020-2025

Table 113 - Forecast Total Sales of Sugar and Sweeteners: Total Volume 2025-2030

Table 114 - Forecast Total Sales of Sugar and Sweeteners: % Total Volume Growth 2025-2030

Table 115 - Forecast Retail Sales of Sugar and Sweeteners: Volume 2025-2030

Table 116 - Forecast Retail Sales of Sugar and Sweeteners: % Volume Growth 2025-2030

Table 117 - Forecast Retail Sales of Sugar and Sweeteners: Value 2025-2030

Table 118 - Forecast Retail Sales of Sugar and Sweeteners: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

[Vegetables in India](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Vegetable sales rise in 2025 during climate challenges and digital supply chain transformation

INDUSTRY PERFORMANCE

Climate volatility and policy intervention shape vegetable volumes in 2025

Quick commerce and digital procurement reshape urban vegetable supply

WHAT'S NEXT?

Climate-resilient farming is set to move from pilot to priority

Urban vegetable consumption will shift towards quality and transparency

Summary 10 - Major Processors of Vegetables 2025

CATEGORY DATA

Table 119 - Total Sales of Vegetables by Category: Total Volume 2020-2025

Table 120 - Total Sales of Vegetables by Category: % Total Volume Growth 2020-2025

Table 121 - Retail Sales of Vegetables by Category: Volume 2020-2025

Table 122 - Retail Sales of Vegetables by Category: % Volume Growth 2020-2025

Table 123 - Retail Sales of Vegetables by Category: Value 2020-2025

Table 124 - Retail Sales of Vegetables by Category: % Value Growth 2020-2025

Table 125 - Retail Sales of Vegetables by Packaged vs Unpackaged: % Volume 2020-2025

Table 126 - Forecast Total Sales of Vegetables by Category: Total Volume 2025-2030

Table 127 - Forecast Total Sales of Vegetables by Category: % Total Volume Growth 2025-2030

Table 128 - Forecast Retail Sales of Vegetables by Category: Volume 2025-2030

Table 129 - Forecast Retail Sales of Vegetables by Category: % Volume Growth 2025-2030

Table 130 - Forecast Retail Sales of Vegetables by Category: Value 2025-2030

Table 131 - Forecast Retail Sales of Vegetables by Category: % Value Growth 2025-2030

COUNTRY REPORTS DISCLAIMER

About Euromonitor International

Euromonitor International is an independent market intelligence provider. Data, insight and analysis stem from in-the-field research spanning 210 national markets.

Content ranges from the in-depth and country-specific, to key strategic themes with a global range and significance. Products cover a comprehensive range of insights and market data, but can be broadly categorised as:

- **Strategy Briefings:** Global or regional in scope, and focussing on the most important themes shaping consumer demand, the key markets, competitive environment and future outlook across a range of industries.
- **Company Profiles:** Analysis dedicated to the world's most significant companies, with detailed insight into their activities, focus of operations, their competitors, their geographic presence and performance.
- **Country Reports:** For an in-depth understanding of specific countries, whether by industry, economic metrics or consumer trends and lifestyles. These reports cover current trends, consumer demand, market potential and future prospects, with country-specific local insight and comprehensive data, unavailable elsewhere.

For more information on this report, further enquiries can be directed via this link www.euromonitor.com/fresh-food-in-india/report.