



Yoghurt and Sour Milk Products in Mexico

October 2025

Table of Contents

KEY DATA FINDINGS

2025 DEVELOPMENTS

Yoghurt drives value growth as plant-based alternatives gain ground in Mexico
Grupo Lala maintains its leadership in yoghurt while Yakult drives innovation through functional health claims
Retail e-commerce sales continue to rise in 2025, driven by main retailers

PROSPECTS AND OPPORTUNITIES

Yoghurt and sour milk products are expected to record growth despite regulatory challenges
Sugar reduction, high protein options and probiotics may increase notably across the forecast period
Marketing and innovation will be key to helping dairy brands stand out during rising health and environmental pressures

CATEGORY DATA

- Table 1 - Sales of Yoghurt and Sour Milk Products by Category: Volume 2020-2025
- Table 2 - Sales of Yoghurt and Sour Milk Products by Category: Value 2020-2025
- Table 3 - Sales of Yoghurt and Sour Milk Products by Category: % Volume Growth 2020-2025
- Table 4 - Sales of Yoghurt and Sour Milk Products by Category: % Value Growth 2020-2025
- Table 5 - Sales of Flavoured Yoghurt by Flavour: Rankings 2020-2025
- Table 6 - NBO Company Shares of Yoghurt and Sour Milk Products: % Value 2021-2025
- Table 7 - LBN Brand Shares of Yoghurt and Sour Milk Products: % Value 2022-2025
- Table 8 - Distribution of Yoghurt and Sour Milk Products by Format: % Value 2020-2025
- Table 9 - Forecast Sales of Yoghurt and Sour Milk Products by Category: Volume 2025-2030
- Table 10 - Forecast Sales of Yoghurt and Sour Milk Products by Category: Value 2025-2030
- Table 11 - Forecast Sales of Yoghurt and Sour Milk Products by Category: % Volume Growth 2025-2030
- Table 12 - Forecast Sales of Yoghurt and Sour Milk Products by Category: % Value Growth 2025-2030

Dairy Products and Alternatives in Mexico - Industry Overview

EXECUTIVE SUMMARY

Dairy products and alternatives in 2025: The big picture
Key trends in 2025
Competitive Landscape
Channel developments
What next for dairy products and alternatives?

MARKET DATA

- Table 13 - Sales of Dairy Products and Alternatives by Category: Value 2020-2025
- Table 14 - Sales of Dairy Products and Alternatives by Category: % Value Growth 2020-2025
- Table 15 - NBO Company Shares of Dairy Products and Alternatives: % Value 2021-2025
- Table 16 - LBN Brand Shares of Dairy Products and Alternatives: % Value 2022-2025
- Table 17 - Penetration of Private Label by Category: % Value 2020-2025
- Table 18 - Distribution of Dairy Products and Alternatives by Format: % Value 2020-2025
- Table 19 - Forecast Sales of Dairy Products and Alternatives by Category: Value 2025-2030
- Table 20 - Forecast Sales of Dairy Products and Alternatives by Category: % Value Growth 2025-2030

DISCLAIMER

SOURCES

Summary 1 - Research Sources

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