

# HW Cooking Ingredients and Meals in Spain

November 2023

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### KEY DATA FINDINGS

#### 2022 DEVELOPMENTS

Vegan remains important claim in health and wellness cooking ingredients and meals

Gluten free is leading health claim due to rising awareness of food intolerances and general heightened health awareness

Good source of antioxidants claim benefits as consumers look to fortify their diets

#### PROSPECTS AND OPPORTUNITIES

Cost concerns likely to hamper stronger performance for natural and organic cooking ingredients and meals

Vegan offers further growth potential due to rising flexitarian population in Spain

No salt claim supported by EU legislation and health concerns

#### MARKET DATA

Table 1 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2019-2022

Table 2 - Sales of Cooking Ingredients and Meals by Health and Wellness Type: % Value Growth 2019-2022

Table 3 - Company Shares of Organic Cooking Ingredients and Meals (Biggest HW Type in Global Cooking Ingredients and Meals): % Value 2019-2022

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Table 8 - Forecast Sales of Cooking Ingredients and Meals by Health and Wellness Type: Value 2022-2027

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### Health and Wellness in Spain - Industry Overview

#### EXECUTIVE SUMMARY

Overview

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