



Nuts in India

March 2026

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Nuts in India - Category analysis

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
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Fresh Food in India - Industry Overview

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

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