



Euromonitor  
International

# Cooking Ingredients and Meals in the United Arab Emirates

November 2025

## Cooking Ingredients and Meals in the United Arab Emirates

### EXECUTIVE SUMMARY

Health, convenience and value-seeking behaviour steer industry development

### KEY DATA FINDINGS

#### INDUSTRY PERFORMANCE

Current trends drive industry growth in 2025

Sustainability concerns inform product innovation

Cost-conscious behaviour becomes more visible in 2025

#### WHAT'S NEXT?

Health trends to support further expansion for cooking ingredients and meals

Climate change may present challenges to stronger growth

Hypermarkets will remain on top, but e-commerce will rise fastest among distribution channels

#### COMPETITIVE LANDSCAPE

IFFCO maintains overall leadership in 2025

Players compete through differentiation

#### CHANNELS

Hypermarkets leads distribution

E-commerce and foodservice channels enjoy further growth

#### MARKET DATA

Table 1 - Sales of Cooking Ingredients and Meals by Category: Volume 2020-2025

Table 2 - Sales of Cooking Ingredients and Meals by Category: Value 2020-2025

Table 3 - Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2020-2025

Table 4 - Sales of Cooking Ingredients and Meals by Category: % Value Growth 2020-2025

Table 5 - NBO Company Shares of Cooking Ingredients and Meals: % Value 2021-2025

Table 6 - LBN Brand Shares of Cooking Ingredients and Meals: % Value 2022-2025

Table 7 - Penetration of Private Label by Category: % Value 2020-2025

Table 8 - Distribution of Cooking Ingredients and Meals by Format: % Value 2020-2025

Table 9 - Forecast Sales of Cooking Ingredients and Meals by Category: Volume 2025-2030

Table 10 - Forecast Sales of Cooking Ingredients and Meals by Category: Value 2025-2030

Table 11 - Forecast Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2025-2030

Table 12 - Forecast Sales of Cooking Ingredients and Meals by Category: % Value Growth 2025-2030

#### COUNTRY REPORTS DISCLAIMER

#### SOURCES

Summary 1 - Research Sources

## Edible Oils in the United Arab Emirates

### KEY DATA FINDINGS

#### 2025 DEVELOPMENTS

Premiumisation, health positioning and resilient supply chains drive value gains

#### INDUSTRY PERFORMANCE

Price rises and premiumisation support strong value growth for edible oils

Olive oil benefits from health profile

## WHAT'S NEXT?

Rising value sales forecast amid increased focus on sustainability  
Health trends will continue to inform innovation  
Building resilient and responsible supply chains

## COMPETITIVE LANDSCAPE

IFFCO leads with a focus on accessibility and innovation  
IFFCO launches carbon-neutral olive oil

## CHANNELS

Hypermarkets dominates distribution in 2025  
E-commerce outpaces all other channels in terms of growth

## CATEGORY DATA

Table 13 - Sales of Edible Oils by Category: Volume 2020-2025  
Table 14 - Sales of Edible Oils by Category: Value 2020-2025  
Table 15 - Sales of Edible Oils by Category: % Volume Growth 2020-2025  
Table 16 - Sales of Edible Oils by Category: % Value Growth 2020-2025  
Table 17 - NBO Company Shares of Edible Oils: % Value 2021-2025  
Table 18 - LBN Brand Shares of Edible Oils: % Value 2022-2025  
Table 19 - Distribution of Edible Oils by Format: % Value 2020-2025  
Table 20 - Forecast Sales of Edible Oils by Category: Volume 2025-2030  
Table 21 - Forecast Sales of Edible Oils by Category: Value 2025-2030  
Table 22 - Forecast Sales of Edible Oils by Category: % Volume Growth 2025-2030  
Table 23 - Forecast Sales of Edible Oils by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

[Meals and Soups in the United Arab Emirates](#)

## KEY DATA FINDINGS

### 2025 DEVELOPMENTS

Convenience demand, health priorities and private label expansion support value growth

## INDUSTRY PERFORMANCE

Convenience demand spurs growth in meals and soups as consumers seek quick and easy solutions  
Alliance Food Company enters ready meals

## WHAT'S NEXT?

Health to remain major trend impacting progress for meals and soups  
Private label set to gain further share in chilled ready meals  
Sustainability to take centre stage

## COMPETITIVE LANDSCAPE

Nestlé maintains overall leadership  
Meal kits brand Hello Chef receives B-Corp certification

## CHANNELS

Hypermarkets remains favoured channel for meals and soups purchases  
E-commerce sees fastest expansion in 2025

## CATEGORY DATA

Table 24 - Sales of Meals and Soups by Category: Volume 2020-2025  
Table 25 - Sales of Meals and Soups by Category: Value 2020-2025

Table 26 - Sales of Meals and Soups by Category: % Volume Growth 2020-2025

Table 27 - Sales of Meals and Soups by Category: % Value Growth 2020-2025

Table 28 - Sales of Chilled Ready Meals by Ethnicity: % Value 2020-2025

Table 29 - Sales of Frozen Ready Meals by Ethnicity: % Value 2020-2025

Table 30 - Sales of Soup by Leading Flavours: Rankings 2020-2025

Table 31 - NBO Company Shares of Meals and Soups: % Value 2021-2025

Table 32 - LBN Brand Shares of Meals and Soups: % Value 2022-2025

Table 33 - Distribution of Meals and Soups by Format: % Value 2020-2025

Table 34 - Forecast Sales of Meals and Soups by Category: Volume 2025-2030

Table 35 - Forecast Sales of Meals and Soups by Category: Value 2025-2030

Table 36 - Forecast Sales of Meals and Soups by Category: % Volume Growth 2025-2030

Table 37 - Forecast Sales of Meals and Soups by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

### Sauces, Dips and Condiments in the United Arab Emirates

## KEY DATA FINDINGS

### 2025 DEVELOPMENTS

Health-led reformulation, flavour innovation and online expansion support rising demand

### INDUSTRY PERFORMANCE

Health and wellness trends shape demand in 2025

Diverse population drives flavour innovation

### WHAT'S NEXT?

Further growth anticipated as leading brands hold strong and private label expands

Sustainability trend to have greater impact on development

E-commerce likely to gain ground, driven by convenience

### COMPETITIVE LANDSCAPE

Heinz continues to lead overall category in 2025

Local fermented pickles and sauerkraut launch in Spinneys and Waitrose

### CHANNELS

Hypermarkets dominates distribution

E-commerce benefits from broad product array and fast delivery

### CATEGORY DATA

Table 38 - Sales of Sauces, Dips and Condiments by Category: Volume 2020-2025

Table 39 - Sales of Sauces, Dips and Condiments by Category: Value 2020-2025

Table 40 - Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2020-2025

Table 41 - Sales of Sauces, Dips and Condiments by Category: % Value Growth 2020-2025

Table 42 - Sales of Liquid Recipe Sauces by Type: % Value 2020-2025

Table 43 - Sales of Other Sauces and Condiments by Type: Rankings 2020-2025

Table 44 - NBO Company Shares of Sauces, Dips and Condiments: % Value 2021-2025

Table 45 - LBN Brand Shares of Sauces, Dips and Condiments: % Value 2022-2025

Table 46 - Distribution of Sauces, Dips and Condiments by Format: % Value 2020-2025

Table 47 - Forecast Sales of Sauces, Dips and Condiments by Category: Volume 2025-2030

Table 48 - Forecast Sales of Sauces, Dips and Condiments by Category: Value 2025-2030

Table 49 - Forecast Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2025-2030

Table 50 - Forecast Sales of Sauces, Dips and Condiments by Category: % Value Growth 2025-2030

## COUNTRY REPORTS DISCLAIMER

### Sweet Spreads in the United Arab Emirates

#### KEY DATA FINDINGS

#### 2025 DEVELOPMENTS

Health-focused innovation meets indulgent demand in a value-conscious category

#### INDUSTRY PERFORMANCE

Consumers continue to shift towards healthier variants

New laboratory tests quality of honey in the United Arab Emirates

#### WHAT'S NEXT?

Further growth for sweet spreads, driven by health trends and the rise of e-commerce

Nut and seed based spreads set to expand

Sustainability concerns will continue to impact packaging and sourcing

#### COMPETITIVE LANDSCAPE

Nutella holds on to number one spot

Al Shifa benefits from natural honey offering

#### CHANNELS

Sweet spreads purchased primarily in hypermarkets

E-commerce sees fastest expansion among retail channels in 2025

#### CATEGORY DATA

Table 51 - Sales of Sweet Spreads by Category: Volume 2020-2025

Table 52 - Sales of Sweet Spreads by Category: Value 2020-2025

Table 53 - Sales of Sweet Spreads by Category: % Volume Growth 2020-2025

Table 54 - Sales of Sweet Spreads by Category: % Value Growth 2020-2025

Table 55 - Sales of Jams and Preserves by Leading Flavours: Rankings 2020-2025

Table 56 - NBO Company Shares of Sweet Spreads: % Value 2021-2025

Table 57 - LBN Brand Shares of Sweet Spreads: % Value 2022-2025

Table 58 - Distribution of Sweet Spreads by Format: % Value 2020-2025

Table 59 - Forecast Sales of Sweet Spreads by Category: Volume 2025-2030

Table 60 - Forecast Sales of Sweet Spreads by Category: Value 2025-2030

Table 61 - Forecast Sales of Sweet Spreads by Category: % Volume Growth 2025-2030

Table 62 - Forecast Sales of Sweet Spreads 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/cooking-ingredients-and-meals-in-the-united-arab-emirates/report](http://www.euromonitor.com/cooking-ingredients-and-meals-in-the-united-arab-emirates/report).