

Health and Wellness in the US

November 2023

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Health and Wellness in the US

EXECUTIVE SUMMARY

Overview

DISCLAIMER

HW Hot Drinks in the US

KEY DATA FINDINGS

2022 DEVELOPMENTS

Striking a balance between energy and calm

Health concerns see no allergens in the lead in health and wellness hot drinks

Health concerns drive interest in no sugar in health and wellness hot drinks

PROSPECTS AND OPPORTUNITIES

Increasing fragmentation of functional claims to take place

Dairy free to see high incremental growth within health and wellness hot drinks to 2027, as consumers care for their health, the environment, and animal welfare

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Functional attributes drive growth across soft drinks

Although growth slows as concern about the pandemic ease, natural continues to lead health and wellness soft drinks

Digestive health and prebiotic soft drinks emerge as key drivers of health and wellness growth within functional soft drinks

PROSPECTS AND OPPORTUNITIES

Low sugar investment will be met with growing demand

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PROSPECTS AND OPPORTUNITIES

Combination claims and ingredient leverage to play a greater role in securing sales in health and wellness snacks

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Low fat leads health and wellness dairy products and alternatives due to health and weight concerns, but various factors hamper growth Concerns about daily wellbeing continue to expand lactose free claims in 2022

PROSPECTS AND OPPORTUNITIES

No and low sugar claims set to see growth over 2022-2027 as consumers understand the need for a healthier diet Good source of minerals set to see the strongest performance over the forecast period as consumers look to boost their metabolism Vegan will be one to watch as consumers seek to have a positive impact on their health, the environment, and animal welfare

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Gluten free leads sales within health and wellness cooking ingredients and meals as health remains to the fore post-pandemic

As consumers look for products that align with a specific diet, keto records sales rise within health and wellness cooking ingredients and meals

PROSPECTS AND OPPORTUNITIES

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HW Staple Foods in the US

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Plant-based meat and seafood substitutes sees a year of slower growth

Gluten free leads health and wellness staple foods, as the consumer base extends beyond those with gluten intolerance Keto staple foods rising as more consumers move towards lower carb diets

PROSPECTS AND OPPORTUNITIES

Dietary claims set to drive growth in the forecast period

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