



Euromonitor
International

Cooking Ingredients and Meals in Mexico

November 2025

Table of Contents

EXECUTIVE SUMMARY

High prices hit household budgets and encourage consumers to seek value

KEY DATA FINDINGS

INDUSTRY PERFORMANCE

Price sensitivity remains high due to cautious spending behaviour

Healthier living and dietary preferences shape category performance

WHAT'S NEXT?

Healthy outlook for cooking ingredients and meals

Private label has scope to develop and gain share

Sustainable strategies will come to the fore

COMPETITIVE LANDSCAPE

Conservas La Costeña SA de CV enjoys healthy growth

Private label is expanding its role in cooking ingredients and meals

Olive oil brands are gaining traction from low base

CHANNELS

Consumers favour channels delivering discounts and promotions

Retail e-commerce makes inroads from low base

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 Mexico

KEY DATA FINDINGS

2025 DEVELOPMENTS

Discounting drives growth as consumers economise

INDUSTRY PERFORMANCE

Downtrading is evident as household budgets come under pressure

Olive oil is supported by higher prices, but consumption is falling

WHAT'S NEXT?

Growing presence of private label in edible oils

Non-stick oils is an emerging segment with growth potential

Packaging innovation shows promise

COMPETITIVE LANDSCAPE

Olive oil producers come under scrutiny

CHANNELS

Modern retail channels are preferred for olive oil

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 Mexico](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Affordable and convenient products appeal

INDUSTRY PERFORMANCE

Meals and soups reports slightly stronger growth over 2025

Desire for healthier and lighter meals supports prepared salads

WHAT NEXT?

Convenience of meals and soups will remain overarching benefit for Mexican consumers

Health and wellness to shape innovation pipeline

Sustainability and convenience are key priorities for consumers and manufacturers

COMPETITIVE LANDSCAPE

Sigma Alimentos SA de CV holds its leading position

CHANNELS

Hypermarkets and convenience stores are key channel for meals and soups

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 Mexico](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

Convenient options offering traditional flavours attract busy consumers

INDUSTRY PERFORMANCE

Slowdown in price growth and expansion of traditional flavours supports volume sales
Urban households seek products to help simplify mealtimes

WHAT NEXT?

Further polarisation is evident with premium and value products set to gain appeal
Players will address consumers' needs for healthier products
Private label is predicted to expand its position

COMPETITIVE LANDSCAPE

Mexican players hold strong lead in sauces, dips and condiments

CHANNELS

Small local grocers accommodate frequent small purchases

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 Mexico](#)

KEY DATA FINDINGS

2025 DEVELOPMENTS

More indulgent breakfasts fuel growth

INDUSTRY PERFORMANCE

Price stabilisation and leisurely breakfasts support consumption of sweet spreads

Nut and seed-based spreads gain appeal for nutritional benefits

Jams and preserves reports steady growth

WHAT NEXT?

Rising demand for healthier and natural products will influence category performance

Climate change poses challenges for chocolate spreads

COMPETITIVE LANDSCAPE

McCormick de Mexico SA de CV is leading player

CHANNELS

Small local grocers is ceding control to the modern channel

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-mexico/report.