



# Cooking Ingredients and Meals in Japan

December 2023

Table of Contents

## Cooking Ingredients and Meals in Japan

### EXECUTIVE SUMMARY

Cooking ingredients and meals in 2023: The big picture

Key trends in 2023

Competitive landscape

Channel developments

What next for cooking ingredients and meals?

### MARKET DATA

Table 1 - Sales of Cooking Ingredients and Meals by Category: Volume 2018-2023

Table 2 - Sales of Cooking Ingredients and Meals by Category: Value 2018-2023

Table 3 - Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2018-2023

Table 4 - Sales of Cooking Ingredients and Meals by Category: % Value Growth 2018-2023

Table 5 - NBO Company Shares of Cooking Ingredients and Meals: % Value 2019-2023

Table 6 - LBN Brand Shares of Cooking Ingredients and Meals: % Value 2020-2023

Table 7 - Penetration of Private Label by Category: % Value 2018-2023

Table 8 - Distribution of Cooking Ingredients and Meals by Format: % Value 2018-2023

Table 9 - Forecast Sales of Cooking Ingredients and Meals by Category: Volume 2023-2028

Table 10 - Forecast Sales of Cooking Ingredients and Meals by Category: Value 2023-2028

Table 11 - Forecast Sales of Cooking Ingredients and Meals by Category: % Volume Growth 2023-2028

Table 12 - Forecast Sales of Cooking Ingredients and Meals by Category: % Value Growth 2023-2028

### DISCLAIMER

### SOURCES

Summary 1 - Research Sources

## Edible Oils in Japan

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Edible oils experiences a significant volume decline due to rising prices in 2023

Significant trading down seen across oil types

Price rises for edible oils impact other packaged food products and foodservice

#### PROSPECTS AND OPPORTUNITIES

Other edible oil expected to see the fastest growth amongst edible oils in Japan

Olive oil unlikely to be able to regain the losses seen in 2023

MCT oil set to perform well

### CATEGORY DATA

Table 13 - Sales of Edible Oils by Category: Volume 2018-2023

Table 14 - Sales of Edible Oils by Category: Value 2018-2023

Table 15 - Sales of Edible Oils by Category: % Volume Growth 2018-2023

Table 16 - Sales of Edible Oils by Category: % Value Growth 2018-2023

Table 17 - NBO Company Shares of Edible Oils: % Value 2019-2023

Table 18 - LBN Brand Shares of Edible Oils: % Value 2020-2023

Table 19 - Distribution of Edible Oils by Format: % Value 2018-2023

Table 20 - Forecast Sales of Edible Oils by Category: Volume 2023-2028

Table 21 - Forecast Sales of Edible Oils by Category: Value 2023-2028

Table 22 - Forecast Sales of Edible Oils by Category: % Volume Growth 2023-2028

Table 23 - Forecast Sales of Edible Oils by Category: % Value Growth 2023-2028

## Meals and Soups in Japan

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

More time in the office leads to winners and losers in meals and soups

Meiji withdraws from frozen pizza in 2023

Convenience store chains continue to dominate ready meals

#### PROSPECTS AND OPPORTUNITIES

Japanese consumers expected to continue to focus on price advantages

Ajinomoto's launch of reduced salt frozen ready meals could be a game-changer for the reduced salt space

The use of plant-based ingredients expected to continue to expand

#### CATEGORY DATA

Table 24 - Sales of Meals and Soups by Category: Volume 2018-2023

Table 25 - Sales of Meals and Soups by Category: Value 2018-2023

Table 26 - Sales of Meals and Soups by Category: % Volume Growth 2018-2023

Table 27 - Sales of Meals and Soups by Category: % Value Growth 2018-2023

Table 28 - Sales of Chilled Ready Meals by Ethnicity: % Value 2018-2023

Table 29 - Sales of Frozen Ready Meals by Ethnicity: % Value 2018-2023

Table 30 - Sales of Soup by Leading Flavours: Rankings 2018-2023

Table 31 - NBO Company Shares of Meals and Soups: % Value 2019-2023

Table 32 - LBN Brand Shares of Meals and Soups: % Value 2020-2023

Table 33 - Distribution of Meals and Soups by Format: % Value 2018-2023

Table 34 - Forecast Sales of Meals and Soups by Category: Volume 2023-2028

Table 35 - Forecast Sales of Meals and Soups by Category: Value 2023-2028

Table 36 - Forecast Sales of Meals and Soups by Category: % Volume Growth 2023-2028

Table 37 - Forecast Sales of Meals and Soups by Category: % Value Growth 2023-2028

## Sauces, Dips and Condiments in Japan

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Less time at home drives volume decline for sauces, dips and condiments in Japan

Price hikes drive value growth in mayonnaise and ketchup

Microwave cooking continues to expand in Japan

#### PROSPECTS AND OPPORTUNITIES

Trends from foodservice set to influence sauces in Japan

MUJI aims to take a 10% share in pasta sauces

Sustainability will remain key in product development in sauces, dips and condiments

#### CATEGORY DATA

Table 38 - Sales of Sauces, Dips and Condiments by Category: Volume 2018-2023

Table 39 - Sales of Sauces, Dips and Condiments by Category: Value 2018-2023

Table 40 - Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2018-2023

Table 41 - Sales of Sauces, Dips and Condiments by Category: % Value Growth 2018-2023

Table 42 - Sales of Liquid Recipe Sauces by Type: % Value 2018-2023

Table 43 - Sales of Other Sauces and Condiments by Type: Rankings 2018-2023

Table 44 - NBO Company Shares of Sauces, Dips and Condiments: % Value 2019-2023

Table 45 - LBN Brand Shares of Sauces, Dips and Condiments: % Value 2020-2023

Table 46 - Distribution of Sauces, Dips and Condiments by Format: % Value 2018-2023

Table 47 - Forecast Sales of Sauces, Dips and Condiments by Category: Volume 2023-2028

Table 48 - Forecast Sales of Sauces, Dips and Condiments by Category: Value 2023-2028

Table 49 - Forecast Sales of Sauces, Dips and Condiments by Category: % Volume Growth 2023-2028

Table 50 - Forecast Sales of Sauces, Dips and Condiments by Category: % Value Growth 2023-2028

## Sweet Spreads in Japan

### KEY DATA FINDINGS

#### 2023 DEVELOPMENTS

Japanese consumers enjoy indulgence in sweet spreads

So-called fruit butter products expand

Savoury spreads are taking share from sweet spreads

#### PROSPECTS AND OPPORTUNITIES

Both health benefits and indulgence will continue to attract consumers

Foodservice trends will remain influential

Packaging innovation continues to attract consumers' attention in Japan

#### CATEGORY DATA

Table 51 - Sales of Sweet Spreads by Category: Volume 2018-2023

Table 52 - Sales of Sweet Spreads by Category: Value 2018-2023

Table 53 - Sales of Sweet Spreads by Category: % Volume Growth 2018-2023

Table 54 - Sales of Sweet Spreads by Category: % Value Growth 2018-2023

Table 55 - Sales of Jams and Preserves by Leading Flavours: Rankings 2018-2023

Table 56 - NBO Company Shares of Sweet Spreads: % Value 2019-2023

Table 57 - LBN Brand Shares of Sweet Spreads: % Value 2020-2023

Table 58 - Distribution of Sweet Spreads by Format: % Value 2018-2023

Table 59 - Forecast Sales of Sweet Spreads by Category: Volume 2023-2028

Table 60 - Forecast Sales of Sweet Spreads by Category: Value 2023-2028

Table 61 - Forecast Sales of Sweet Spreads by Category: % Volume Growth 2023-2028

Table 62 - Forecast Sales of Sweet Spreads by Category: % Value Growth 2023-2028

## 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-japan/report](http://www.euromonitor.com/cooking-ingredients-and-meals-in-japan/report).