

Global Sesame Oil Market 2026

Market size, segmentation, competitive landscape and outlook

2021-2031

Moving forward, together



Every one of us has, at some point, heard the line from *Alice in Wonderland*: “It takes all the running you can do, to keep in the same place. If you want to get somewhere else, you must run at least twice as fast.” Cliché as the quote has become, our world is changing at extraordinary speed. And yet, to my mind, it matters not only to run fast, but — more importantly — to know where you are running.

We see ourselves as the navigator, ready at the right moment to point out the correct course. By providing current, timely information for the decisions that matter, we aim to protect our clients from missteps and to help them find new opportunities.

It matters to us that you are satisfied with the work we have done. If you have any questions about this report, we will be glad to answer them.

ANDREY SHEVCHENKO, Managing Partner

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Market at a glance

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Indicator	Value
Market size (2025)	USD 5.5 bn
Forecast (2031)	USD 7.9 bn
CAGR (2021-2031)	6.3%
Study period	2021-2031
Largest region	Asia-Pacific · 57.4%
Fastest-growing region	North America · 7.5%
Market concentration	Low
Licence	Individual / Company

The global sesame oil market reached USD XXX billion in 2025 and will expand to USD XXX billion by 2031, advancing at a XX% CAGR. Asia-Pacific accounts for XX% of value, supported by entrenched culinary use in China, Japan, South Korea, India and Southeast Asia. Toasted sesame oil remains the commercial core, while cold-pressed products, premium finishing oils and online specialty retail generate the strongest incremental value. Supply-chain diversification into Brazil and African origins, tighter allergen controls and greater investment in traceability are reshaping procurement and competitive strategy.

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Executive summary

The global sesame oil market reached USD XXX billion in 2025 and will expand to USD XXX billion by 2031, advancing at a XX% CAGR. Asia-Pacific accounts for XX% of value, supported by entrenched culinary use in China, Japan, South Korea, India and Southeast Asia. Toasted sesame oil remains the commercial core, while cold-pressed products, premium finishing oils and online specialty retail generate the strongest incremental value. Supply-chain diversification into Brazil and African origins, tighter allergen controls and greater investment in traceability are reshaping procurement and competitive strategy.

Indicator	Value
Market size 2025	XXX
Forecast 2031	XXX
CAGR	XXX
Largest region	XXX
Fastest region	XXX

Key findings

- The market generated USD XXX billion in 2025 and will reach USD XXX billion by 2031.
- Global value will increase at a XX% CAGR between 2025 and 2031.
- Asia-Pacific held XX% of 2025 market value, reflecting high household penetration and extensive use in foodservice and packaged foods.
- North America is the fastest-growing region at a XX% CAGR as Asian cuisines, premium condiments and natural-food retail move further into mainstream consumption.
- Toasted sesame oil represented XX% of 2025 value and remains the leading product format.
- Cold-pressed and virgin sesame oil will grow at an XX% CAGR, the fastest rate among product types.
- Retail and household applications accounted for XX% of market value in 2025.
- FAOSTAT records approximately XXX tonnes of global sesame oil production in 2023, with India and Myanmar together accounting for about XX% of output.

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Market size and forecast

Market value by year, USD bn

Indicator	2026	2027	2028	2029	2030	2031	CAGR
Market value, USD bn	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Market volume	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Production	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Imports	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Exports	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Apparent consumption	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

Year-over-year value change

Indicator	2027	2028	2029	2030	2031	CAGR
Market value	X%	X%	X%	X%	X%	X%
Production	X%	X%	X%	X%	X%	X%
Imports	X%	X%	X%	X%	X%	X%
Exports	X%	X%	X%	X%	X%	X%

Source: XXX

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Global Sesame Oil Market Trends and Growth Drivers

Sesame oil occupies a distinctive position between commodity edible oils and flavor-intensive condiments. Its consumption is measured in smaller quantities than soybean or sunflower oil, yet roast profile, aroma and culinary authenticity support materially higher unit values and strong brand loyalty.

Demand growth is being led by two parallel forces: continued scale in Asian household and foodservice consumption, and premium adoption in Western markets. The second force is changing product architecture, with lighter roasts, cold-pressed oils, glass packaging and recipe-led positioning expanding the category beyond stir-fries and traditional dressings.

The principal strategic constraint lies upstream. Seed output is dispersed across Asia, Africa and Latin America, while color, oil content, residue status and post-harvest handling vary by origin. Processors that diversify procurement and maintain batch-level sensory and safety controls will protect margins and win multinational accounts.

Growth drivers

Asian cuisine enters everyday meal preparation

Sesame oil is moving beyond specialist Asian dishes into noodles, salads, marinades, roasted vegetables and meal kits. Retailers and recipe platforms are widening consumer familiarity, increasing household purchase frequency and supporting distribution beyond ethnic-food aisles.

Premium finishing oils lift value per litre

Deep-roasted, light-roasted, stone-ground and cold-pressed oils create clear sensory and provenance ladders. Premium positioning is especially effective in glass bottles and smaller packs, allowing processors to convert modest consumption volumes into higher category value.

Foodservice and prepared foods broaden demand

Asian restaurant chains, quick-service concepts, central kitchens and sauce manufacturers use sesame oil as a standardized flavor input. Growth in ready meals, dressings, instant noodles and frozen Asian foods creates repeatable industrial demand and rewards suppliers with consistent aroma specifications.

E-commerce improves specialty-brand reach

Online marketplaces reduce the listing barriers faced by regional and premium brands while enabling consumers to compare roast intensity, origin and extraction method. Multipacks, subscriptions and direct-to-consumer education improve repeat rates in North America and Europe.

Natural and minimally processed positioning

Cold-pressed sesame oil benefits from demand for recognizable ingredients, traditional processing and culinary oils with distinctive flavor. The strongest gains occur in natural-food stores, premium supermarkets and wellness-oriented digital channels.

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Mechanized origins improve supply optionality

Rapid expansion of mechanized sesame cultivation in Brazil and neighboring South American origins gives crushers an alternative to fragmented hand-harvested supply. Broader origin portfolios reduce seasonal concentration and enable processors to match seed attributes with specific roast and oil profiles.

Restraints

Seed-price volatility compresses margins

Sesame seed represents the dominant variable cost for oil processors, and harvest disruptions quickly pass through to crush economics. Smaller brands face the greatest exposure because they hold less inventory and possess weaker bargaining power with origin suppliers.

Allergen controls raise operating complexity

Sesame-specific labeling, cleaning validation and cross-contact controls require dedicated procedures across plants and distribution networks. These requirements favor scaled suppliers with audited segregation systems while increasing qualification costs for food manufacturers.

Commodity oils limit everyday substitution

Soybean, sunflower, canola and palm oils remain substantially cheaper for high-volume frying and general cooking. Sesame oil therefore competes primarily on aroma and recipe authenticity, limiting its addressable volume in price-sensitive households.

Residue and contamination failures disrupt trade

Pesticide residues, ethylene oxide findings, Salmonella risk and adulteration can trigger border controls, recalls and supplier delisting. Buyers increasingly require origin testing, batch traceability and third-party food-safety certification before approving new suppliers.

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Sesame Oil Market Driver and Restraint Impact on the Forecast

Drivers — impact on forecast

Driver	Impact on CAGR	Geography	Horizon
Asian cuisine enters everyday meal preparation	XXX	XXX	XXX
Premium finishing oils lift value per litre	XXX	XXX	XXX
Foodservice and prepared foods broaden demand	XXX	XXX	XXX
E-commerce improves specialty-brand reach	XXX	XXX	XXX
Natural and minimally processed positioning	XXX	XXX	XXX
Mechanized origins improve supply optionality	XXX	XXX	XXX

Source: XXX

Restraints — impact on forecast

Restraint	Impact on CAGR	Geography	Horizon
Seed-price volatility compresses margins	XXX	XXX	XXX
Allergen controls raise operating complexity	XXX	XXX	XXX
Commodity oils limit everyday substitution	XXX	XXX	XXX
Residue and contamination failures disrupt trade	XXX	XXX	XXX

Source: XXX

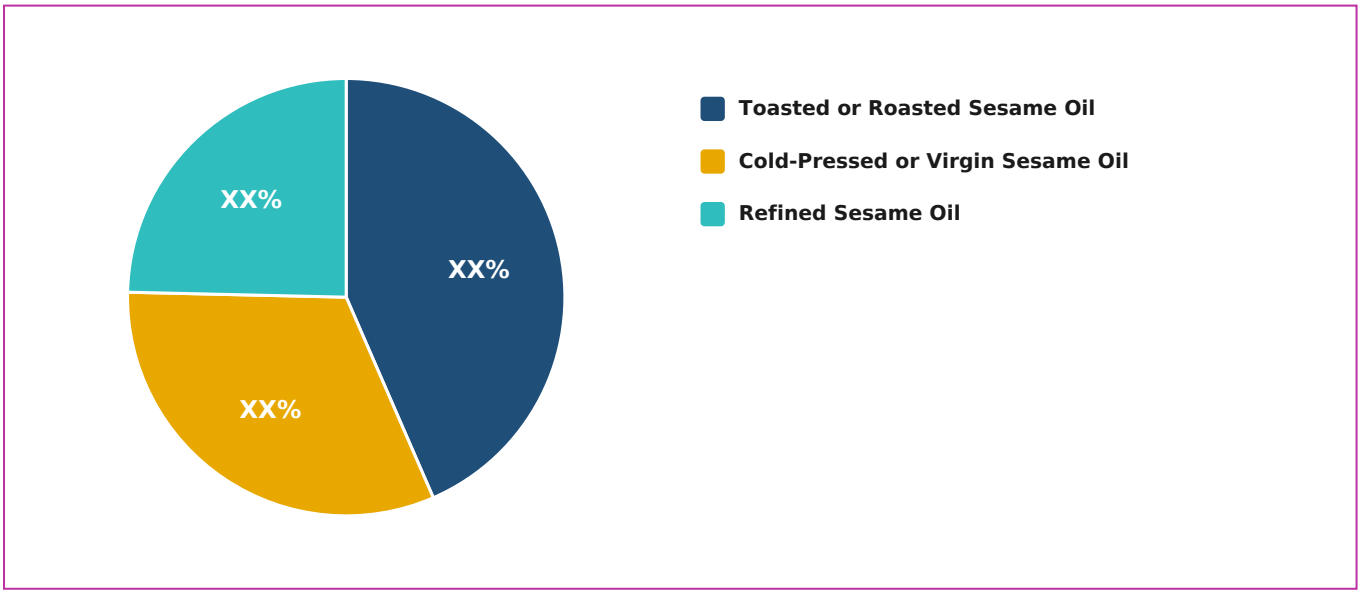
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Sesame Oil Market Segmentation by Product, Nature, Packaging and End Use

By Product Type

Toasted oil dominates because aroma is the category's primary culinary differentiator in East Asian households, restaurants and prepared foods. Cold-pressed and virgin oils are gaining premium shelf space through minimally processed positioning and broader use in dressings and wellness-oriented cooking. Refined oil remains important for neutral-flavor food processing and price-sensitive applications.

Value share by product Type, 2025



Source: XXX

Value by product Type, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Toasted or Roasted Sesame Oil	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Cold-Pressed or Virgin Sesame Oil	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Refined Sesame Oil	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Nature

Conventional oil retains overwhelming scale because certified seed supply is limited and consumers primarily select on flavor, brand and price. Organic products command higher prices in North American and European natural-food channels. Growth depends on reliable identity-preserved seed programs and certification continuity across fragmented origins.

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Value by nature, USD bn

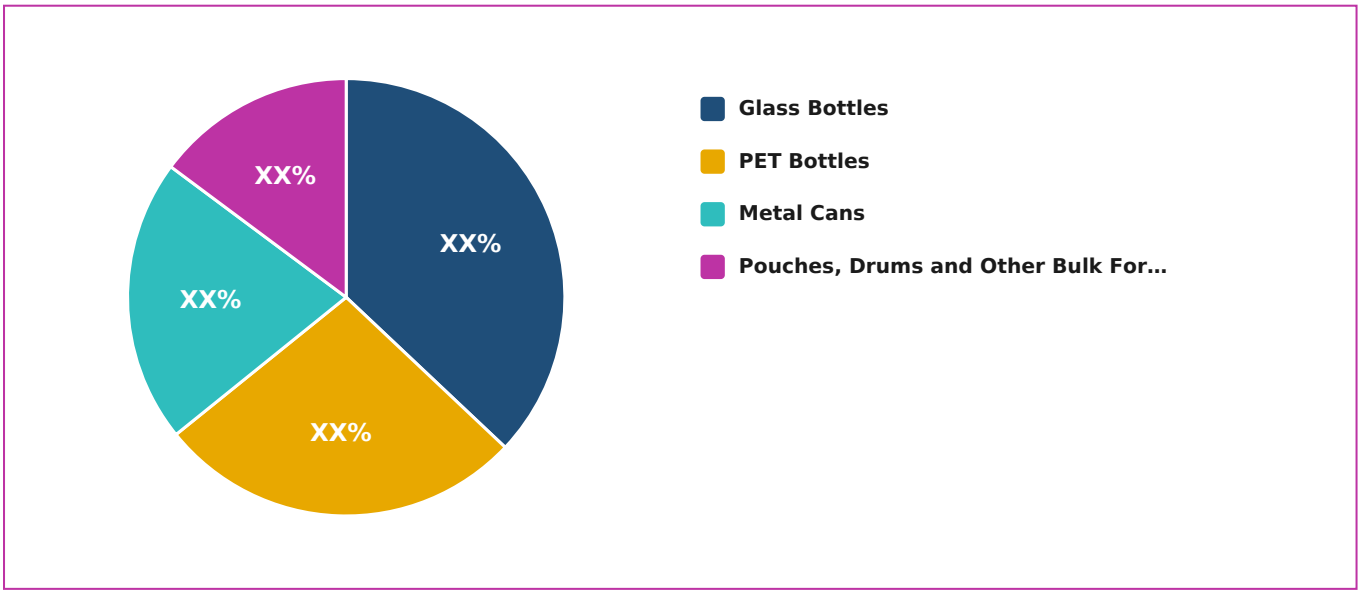
Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Conventional	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Organic	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Packaging

Glass and PET bottles dominate retail because they protect aroma, support controlled pouring and provide sufficient space for origin and usage communication. Metal cans retain a strong foodservice role, especially in Asian restaurants. Pouches and bulk formats grow through refill systems, industrial customers and lower logistics cost per litre.

Value share by packaging, 2025



Source: XXX

Value by packaging, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Glass Bottles	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
PET Bottles	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Metal Cans	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Pouches, Drums and Other Bulk Formats	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By End Use

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Households lead because sesame oil is typically purchased as a branded condiment and used in small amounts. Foodservice demand is anchored in Asian restaurants, central kitchens and catering, where aroma consistency and pack economics determine supplier selection. Food processors use the oil in noodles, sauces, dressings, snacks, frozen meals and marinades, creating stable contract demand.

Value by end Use, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Retail and Household	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Foodservice	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Food Processing	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Cosmetics, Pharmaceuticals and Other Uses	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

By Distribution Channel

Large-format grocery stores provide scale and increasingly merchandise sesame oil within mainstream cooking-oil and international-food sections. Traditional and Asian-specialty stores remain essential for brand depth, large packs and culturally specific products. Online retail is the fastest-growing route because it improves access to imported brands and facilitates comparison by roast, origin and extraction method.

Value by distribution Channel, USD bn

Segment	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Supermarkets and Hypermarkets	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Traditional and Asian-Specialty Retail	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Direct Foodservice and Industrial Sales	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Online Retail	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

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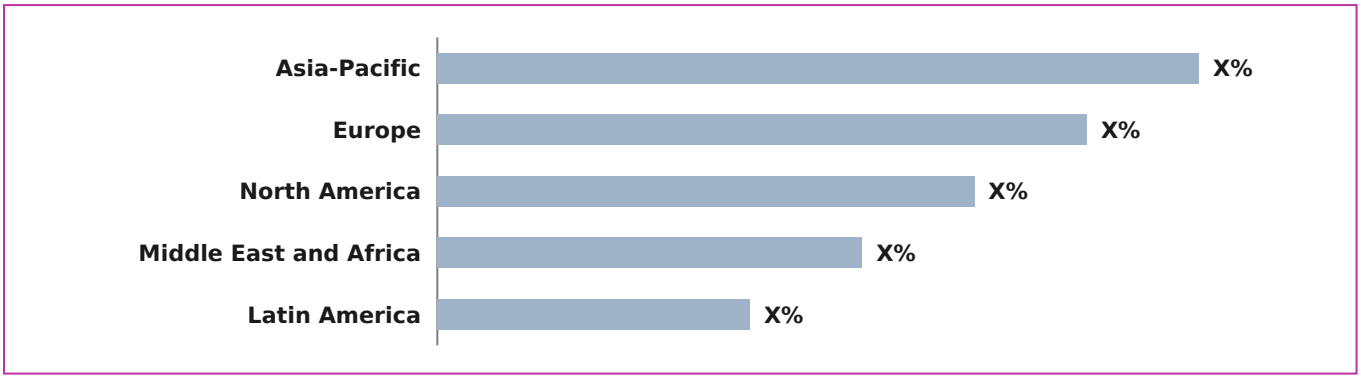
Sesame Oil Market Regional Analysis and Country Outlook

Asia-Pacific generated XX% of global value in 2025. China provides the largest consumption base, while Japan and South Korea sustain high-value toasted-oil demand built around established culinary routines and trusted domestic brands. India combines substantial seed availability with traditional gingelly-oil consumption, although purchasing patterns remain highly regional and include a large base of small processors.

North America will advance at a XX% CAGR through 2031. Growth is moving beyond Asian-American households as sesame oil gains placement in mainstream supermarkets, meal kits, natural-food stores and restaurant concepts. The United States offers the region's principal premium opportunity, while Canada benefits from multicultural urban demand and strong specialty-retail coverage.

Europe remains a premium, import-dependent market led by the United Kingdom, Germany and France. The Middle East and Africa combine traditional consumption with strategic seed production, while Latin America is gaining importance both as a demand market and as a supply base: Brazil's mechanized sesame acreage is improving global procurement optionality and supporting local crushing investment.

Growth rate by region, 2025-2031



Source: XXX

Market value by region, USD bn

Region	2026	2027	2028	2029	2030	2031	Share 2025	CAGR
Asia-Pacific	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Europe	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
North America	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Middle East and Africa	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX
Latin America	XXX	XXX	XXX	XXX	XXX	XXX	XXX	XXX

Source: XXX

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Market value by leading country, USD bn

Country	2025	2031	Share 2025	CAGR
United States	XXX	XXX	XXX	XXX
Germany	XXX	XXX	XXX	XXX
United Kingdom	XXX	XXX	XXX	XXX
Belgium	XXX	XXX	XXX	XXX
Netherlands	XXX	XXX	XXX	XXX
Japan	XXX	XXX	XXX	XXX
China	XXX	XXX	XXX	XXX
Mexico	XXX	XXX	XXX	XXX

Source: XXX

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Sesame Oil Market Competitive Landscape and Company Share

The market is fragmented, with multinational condiment suppliers, Japanese sesame specialists, Chinese and Korean processors, integrated edible-oil groups and thousands of regional crushers competing across distinct price tiers. Kadoya and Takemoto command strong positions in premium Japanese-style oils, while Lee Kum Kee, Ottogi, Wilmar-linked brands and Chinese producers use broader condiment or edible-oil distribution.

Competition centers on roast profile, aroma consistency, seed sourcing, authenticity, pack design and route-to-market rather than on price alone. Premium leaders are introducing light-roast and cross-cuisine products, while mass-market suppliers defend volume through larger packs, blended flavor systems and foodservice contracts.

Strategic activity is moving upstream and downstream simultaneously. Companies are securing farmer partnerships and alternative origins, investing in cleaning and hulling assets, establishing local sales subsidiaries and developing by-products from sesame meal. Consolidation is likely to focus on branded distribution and supply assurance because global production remains dispersed.

Leading companies

Company	HQ	Est. revenue 2025	Market share 2025	YoY
Kadoya Sesame Mills Inc.	XXX	XXX	XXX	XXX
Takemoto Oil & Fat Co., Ltd.	XXX	XXX	XXX	XXX
Lee Kum Kee Company Limited	XXX	XXX	XXX	XXX
Ottogi Corporation	XXX	XXX	XXX	XXX
Wilmar International Limited	XXX	XXX	XXX	XXX
Dipasa Group	XXX	XXX	XXX	XXX
Flavor Full Foods Inc.	XXX	XXX	XXX	XXX
Chee Seng Oil Factory Pte. Ltd.	XXX	XXX	XXX	XXX
La Tourangelle, Inc.	XXX	XXX	XXX	XXX
Kevala International LLC	XXX	XXX	XXX	XXX

Source: XXX

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Sesame Oil Market Forecast, Scenarios and Commercial Opportunities

The market will add USD XXX billion between 2025 and 2031. Toasted oil will remain the largest format, but cold-pressed products will take a disproportionate share of incremental value as premium supermarkets and digital retailers broaden their assortments.

The base-case forecast assumes continued restaurant expansion, moderate seed-price inflation and wider mainstream retail distribution. A stronger scenario emerges if South American mechanization stabilizes raw-material costs and premium sesame oil becomes a regular finishing ingredient; weaker growth would follow consecutive African or Asian crop disruptions and sustained consumer downtrading.

Winning suppliers will combine sensory consistency with diversified seed procurement, audited allergen controls and market-specific packaging. Brands that explain roast intensity and application occasions clearly will outperform undifferentiated oils, particularly in North America and Europe.

Opportunities

- Low-roast sesame oils designed for Western dishes and finishing applications
- Certified-organic and identity-preserved product lines
- Foodservice portion packs and controlled-pour formats
- Traceable sourcing programs with African smallholders
- Mechanized seed sourcing from Brazil and Paraguay
- Sesame meal valorization in protein-rich foods and animal nutrition
- Private-label expansion in North American and European supermarkets

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