

MARKET TRENDS IN PHILIPPINES: BAKERY



MARKET OVERVIEW & KEY TRENDS



Philippines Bakery & Cereals Market

Forecast Analysis, 2021-2026

Market Size Value

US\$2.04 Bn

> US\$2.36 Bn

cage > 3%





Largest category by volume in 2021



Cookies (Gweet Biscuits)

Largest category in the market by value in 2021 & forecast to register the fastest volume growth



Energy Bars

Forecast to register the fastest value growth during forecast period

PROSPECTS AND OPPORTUNITIES



Source: Global Data, 2022



Trans fat is considered the worst kind of fat because it causes bad cholesterol build-up in arteries resulting in heart disease

Trans fat is present in small amounts in food products made from grazing animals like cows and sheep





However, most of our dietary trans fat comes from industrial sources such as margarine, shortening, non-dairy creamer or other types of partially-hydrogenated oils.

Partially hydrogenated oils are used to extend shelf life and provide some sensory characteristics in food (i.e. melt-in-mouth feel, flakiness, etc.). It is commonly used in baked goods like biscuits and crackers.



Source: Trans Fat Free Philippines, n.d.

The Philippines' Department of Health has adopted a new administrative order to eliminate industrially produced trans fat from its food supply by 2023. It aims to reduce trans fatty acid intake among Filipinos to less than 1% of the recommended total energy intake.









Maya Think Heart Whole Wheat Carrot Mix

- Cholesterol Free
- Zero Trans Fat
- High in Iron
- Product of Philippines

Ingredients: Cane Sugar, Whole Wheat Flour, Skimmed Milk Powder, Leavening (Baking Soda, Baking Powder), Iodized Salt (Salt and Potassium Iodate), Cinnamon Powder, *Citric Acid, Natural and Artificial *Flavour.

A weak, organic acid naturally found in citrus fruits. Most often used as a natural preservative or to add an acidic or sour taste to food and baked products.

Source: Bakerpedia, 2022a





Cowhead Original Crackers Trans Fat Free

- Trans fat free
- Contains no preservatives and colouring
- · Product of Malaysia

Ingredients: Wheat Flour, Vegetable Oil (Palm Oil), Glucose Syrup, Salt, Leavening Agent (Ammonium Bicarbonate), *Malt Extract, Full Cream Milk Powder, *Rice Starch, Yeast and *Soy Sauce Powder.



A flavour enhancer that has a savoury umami taste and a distinctive aroma Rice is often used in cracker and chip production because it contributes to moisture control and texture and flow in the extruders. Thus, rice flour and rice starch can be incorporated into crackers to improve the crunchiness of crackers.





Varieties: Original, 9 Grains, Pumpkin, Oat Bran

IKO Sugar Free Crackers

- Made with nutritious grains that are high in fibre and are transfatfree. They are made with isomalt, a natural sweetener derived from the sugar beet, in place of sugar.
- Suitable for diabetics and vegetarians
- Product of Malaysia

Isomalt is a sugar substitute, a type of sugar alcohol used primarily for its sugar-like physical properties.

Benefits of Isomalt:-

- Low calories 2kcal/g
- Very low blood glucose and insulin response
- Support gut health
- Anti-cariogenic and does not promote dental caries

Source: Calorie Control Council, 2022

Ingredients for 9 Grains Crackers: Wholemeal Flour, Vegetable Oil (Palm Oil with Potassium Sorbate), *Isomalt (E953), Oats, Multi Grain Blend (Whole Brown Flax, Purple Wheat Flakes, Rye Flakes, Triticale Flakes, Hulless Barley Flakes, Millet, Sesame Seed, Spelt Meal, Quinoa), Polydextrose (E1200), Maltitol (E965), Starch, Raising Agent [Sodium Bicarbonate (E500)] and Emulsifier [Soy Lecithin (E322)].





Filipinos show a preference for nutritious, clean label foods.

A survey conducted by Mintel found that consumers in the Philippines prioritise purchasing foods high in vitamins and minerals, followed closely by food made with natural ingredients.



Source: Lesaffre Philippines, 2022

What is Clean Label Bread?



Clean label bread means baking with simple, trusted, wholesome ingredients that are familiar to the consumer.

It is a fast-growing trend, especially the younger generations who are looking for original, healthier and simpler products. This is creating a long-lasting customer adherence.





3 in 4 Filipino consumers agree that food products with long shelf lives are less healthy than fresh alternatives.



Additionally, consumers are aware of the additives, preservatives and processes that give certain foods and drinks their extended shelf life. These ingredients are believed to have potential harmful long-term effects on health.

Source: Bakerpedia, 2022b Source: Lesaffre Philippines, 2022





Varieties: Whole Rye Bread, Sunflower Seed Bread, Fitness Bread

Mestemacher ORGANIC FLAX SEED + CHIA BREAD

- High Nutrition: A dark & dense German rye bread. Packed with the whole grain goodness of rye with flax seeds & chia for a health-conscious diet
- Big on Taste: Traditional, slightly sour rye flavour. Make it yours and add your favorite sweet or savoury toppings for a satisfying snack or meal
- Certified Organic: Only the best ingredients go into every slice. Contains no preservatives. Suitable for vegetarian & vegan diets
- · Low GI: A fast and filling, feel-good alternative to boring bread. Long shelf life up to 6 months
- Product of Germany

Ingredients: Grain+(Whole Rye Meal +, Whole Rye Flour+), Water, Golden Linseed+ (5%), *Chia Seeds +(Salvia Hispanica) (3%), Sea Salt, Yeast.

+ Organic Farming

Chia seeds contain healthy omega-3 fatty acids, polyunsaturated fatty acids, dietary fiber, proteins, vitamins, and some minerals.

Regular intake of chia lowers blood pressure levels, and reduces inflammation indicators, thereby reducing the cardiovascular risk.





Serious Organic Cookies (Double Chocolate)

- From the farm to the bag, these organic products are 100% traceable, and free-from chemical nasties. You can snack in a way that's sustainable for your body and sustainable for the world.
- These deliciously chewy cookies are made with a secret blend of plant-based ingredients organic quinoa and coconut flours are baked with organic coconut oil and fair trade vegan dark chocolate.
- Certified Organic, Non-GMO, Dairy-Free, Gluten-Free, Soy-Free, Egg-Free, Vegan Friendly.
- Product of New Zealand

Ingredients: Gluten-free Flour Blend (*White Rice Flour+, Quinoa Flour+, Potato Flour+, Coconut Flour+), Raw Sugar+, Coconut Oil+, Fair-trade Dark Chocolate+ (13%) (Sugar, Cocoa Liquor, Cocoa Butter, Sunflower Lecithin, Natural Vanilla *Flavour), Cocoa Powder+ (7%), Baking Soda (Sodium Bicarbonate), Salt, Natural Vanilla *Flavour. (+ Certified Organic).

Chocolate contains 55% cocoa solids.

Rice flour is used as an alternative to wheat flour in gluten-free baked goods.

✓ It has a neutral flavor
✓ It's digested easily
✓ It is considered hypoallergenic

Source: Bakerpedia, 2022c





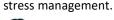
Dave's Killer Bread Powerseed Organic Bread

- No high fructose corn syrup, No artificial preservatives, No artificial ingredients
- Always power-packed with whole grains, Always USDA organic, Always Non-GMO
- Sweetened with organic fruit juices
- Product of USA

Ingredients: Organic Whole Wheat (Organic Whole Wheat Flour, Organic Cracked Whole Wheat), Water, Organic Powerseed Grain and Seed Mix (Organic Whole Flax Seeds, Organic Sunflower Seeds, Organic Brown Sesame Seeds, Organic Pumpkin Seeds, Organic Black Sesame Seeds, Organic Ground Whole Flax Seeds, *Organic Rolled Oats), Organic *Wheat Gluten, Organic Fruit Juices (Organic Apple, Organic Pear, Organic Peach), Organic Oat Fiber, Contains 2% or Less of Each of the following: Sea Salt, Organic Vinegar, Organic Cultured Wheat Flour, Yeast, Enzymes, Organic Acerola Cherry Powder.



The main wellness priorities of Filipino consumers are strengthening the immune system, healthy eating and stress management









When creating baked goods with added digestive health benefits, probiotics can be difficult to incorporate due to the limited availability of heat-resistant strains.



Prebiotic fibres offer formulation benefits for manufacturers and convenience for consumers. By incorporating prebiotic fibre into snacks and baked goods, consumers can meet their gut health needs without adding a new supplements.

Source: Hyslop, 2021

▶ In recent years, more Filipinos have become aware about the importance of gut health for the immune system, thanks to various media and brand promotions.

Source: Lesaffre Philippines, 2022



Staple bread roll in the Philippines commonly eaten for breakfast

While not as popular as pandesal, sourdough bread is now gaining popularity across the Philippines, particularly in Metro Manila. Besides being rich in vitamins and minerals, consumers perceive sourdough bread to be a more gut-friendly and easily digestible alternative to sweet white breads.

70-80%

of the immune cells of the body are in the gut

Source: Wiertsema et al., 2023



Source: Lesaffre Philippines, 2022





Jeanne & Jamie's Recipes Digestives

- These yummy Digestives promote good digestion, as they contain prebiotic inulin fiber, which can help your body absorb more nutrients and helps boost your immunity.
- Product of Philippines

Ingredients: Wheat Flour, Sugar, Whole Wheat Flour, Vegetable Fat (Palm, Coconut), Honey, Oats, *Inulin, Raising Agent [Ammonium Bicarbonate (E503) and Sodium Bicarbonate (E500)] and Iodized Salt.







Gardenia Whole Wheat Pandesal

- Healthy and still very tasty, Gardenia Whole Wheat Pandesal is made from all-cracked whole wheat that has vitamins which act as antioxidants protecting the body from free radicals. It is also a good source of Calcium and Fiber for your digestive health.
- Product of Philippines

The B vitamins are helpful in increasing nervous and immune system functions and reducing inflammatory responses

Source: Mahwish et al., 2022

Ingredients: Wholemeal Flour, High Protein Wheat Flour (with Vitamins *B1, *B2, *B3, *Iron & fortified with *Vitamin A), Water, *Wheat Gluten, Natural Honey, Refined Sugar, Whey Powder, Skimmed Milk Powder, Shortening (contains Palm Oil and/or Coconut Oil), lodized Salt, Baker's Yeast, *DATEM (dough improver), Calclum Propionate (to retain freshness), Mineral Yeast Food (yeast nutrient) and *Folic Acid (vitamin fortificant).

Vitamin A is crucial for maintaining good vision, promoting growth and development, and protecting epithelium and mucus integrity in the body which has critical role in enhancing immune function.

Iron has various effects on the immune system such as modulating immune cell proliferation and differentiation.

Source: Huang et al., 2018 Source: Haschka et al., 2021





ThinSlim Foods Zero Net Carb Bread Plain

• The Love-The-Taste Bread has only 45 calories and 0g of net carbs per slice.

The ingredients used digest significantly more slowly which means you stay satiated longer and your body doesn't turn the excess sugar into fat. This is very evident by the fact that of the 7g of total carbohydrates per slice, 7g of it is fiber.

Product of USA

Ingredients: Wheat Protein Isolate, *Vital Wheat Gluten, Oat Fiber, Modified Wheat Starch, Olive Oil, *Chicory Root Fibres (Inulin), Yeast, Salt, Enzyme.

VWG (Vital wheat gluten) is a highly functional protein that has been separated from wheat starch and other grain components. It is used to improve dough strength and provide additional dough tolerance to processing variations, mainly fermentation times and temperatures.

Source: Bakerpedia, 2022d





Hearty Bread Moringa Sourdough Pandesal

- Hearty Bread sourdough loaves are made with GF Flour that is fortified with Lactobacillus protectus thereby creating a unique flavor and promotes optimum digestion
- Product of Philippines

Ingredients: Lactobacillus protectus (Probiotics), Fresh Moringa Leaves, Gluten-Free Flour, Butter, Milk, Salt, Yeast.





To know more about the featured ingredients in this market trends report as well as how you can create better food products for your consumers, contact our

Food & Beverage Intelligence (FBi) team.

Email: <u>info@dpointernational.com</u>

Web: www.dpointernational.com



REFERENCES



References

- Abed, S., Ali, A., Noman, A., SobiaNiazi, Ammar, A., & Bakry, A. (2016). Inulin as Prebiotics and its Applications in Food Industry and Human Health; A Review. *International Journal Of Agriculture Innovations And Research*, 5(1), 88-97.
- · Bakerpedia. (2022a). Citric Acid.
- Bakerpedia. (2022b). Clean Label Bread.
- · Bakerpedia. (2022c). Rice Flour.
- Bakerpedia. (2022d). Vital Wheat Gluten.
- · Calorie Control Council. (2022). Isomalt.
- Euromonitor International. (2021). Baked Goods in the Philippines. Industry Report.
- Global Data. (2022). Philippines Bakery and Cereals Market Size by Categories, Distribution Channel, Market Share and Forecast, 2021-2026.
 Industry Report.
- Haschka, D., Hoffmann, A., & Weiss, G. (2021). Iron in immune cell function and host defense. *Seminars In Cell &Amp; Developmental Biology*, 115, 27-36. https://doi.org/10.1016/j.semcdb.2020.12.005
- Hyslop, G. (2021). Bringing prebiotics to the bakery and snack aisle.
- Huang, Z., Liu, Y., Qi, G., Brand, D., & Zheng, S. (2018). Role of Vitamin A in the Immune System. Journal Of Clinical Medicine, 7(9), 258. . https://doi.org/10.3390/jcm7090258



References

- Knez Hrnčič, M., Ivanovski, M., Cör, D., & Knez, Ž. (2019). Chia Seeds (Salvia Hispanica L.): An Overview—Phytochemical Profile, Isolation Methods, and Application. *Molecules*, 25(1), 11. https://doi.org/10.3390/molecules25010011
- Lesaffre Philippines. (2022). The Health and Wellness Trend in the Philippines.
- Mahwish, Saeed, F., Afzaal, M., Hussain, M., Imran, M., Nawaz, T., & Siddeeg, A. (2022). Dietary guidelines to boost immunity during pre and post covid-19 conditions. *International Journal Of Food Properties*, 25(1), 1246-1265. https://doi.org/10.1080/10942912.2022.2071287
- Shoaib, M., Shehzad, A., Omar, M., Rakha, A., Raza, H., & Sharif, H. et al. (2016). Inulin: Properties, health benefits and food applications. *Carbohydrate Polymers*, 147, 444-454. https://doi.org/10.1016/j.carbpol.2016.04.020
- Trans Fat Free Philippines. (n.d.). What Is Trans Fat? Why Is It Harmful?
- Ullah, R., Nadeem, M., Khalique, A., Imran, M., Mehmood, S., Javid, A., & Hussain, J. (2015). Nutritional and therapeutic perspectives of Chia (Salvia hispanica L.): a review. *Journal Of Food Science And Technology*, *53*(4), 1750-1758. https://doi.org/10.1007/s13197-015-1967-0
- Wiertsema, S., van Bergenhenegouwen, J., Garssen, J., & Knippels, L. (2021). The Interplay between the Gut Microbiome and the Immune System in the Context of Infectious Diseases throughout Life and the Role of Nutrition in Optimizing Treatment Strategies. Nutrients, 13(3), 886. https://doi.org/10.3390/nu13030886



References – Photo Credits

Photo via

- https://www.freepik.com/free-vector/colorful-brushstroke-design-vector-set 3905526.htm#query=colour%20stroke&position=14&from view=search
- https://www.flaticon.com/free-icon/right-arrow 2252540?term=arrow&page=1&position=51&page=1&position=51&related id=2252540&origin=search
- https://www.flaticon.com/free-icon/right-arrow 2252526
- https://www.flaticon.com/free-icon/arrow 5905084
- https://www.freepik.com/free-vector/colorful-watercolor-brush-strokes 7647147.htm#guery=colour%20stroke&position=37&from view=search
- https://www.foodingredientsfirst.com/news/trans-fat-free-philippines-health-department-targets-nationwide-eradication-by-2023.html
- https://www.freepik.com/free-vector/collection-environmental-friendly-typography-vectors 3203492.htm#guery=clean%20label%20food&position=0&from view=search&track=sph
- https://www.freepik.com/free-photo/baker-making-bread-kneading-dough 21303097.htm#page=3&query=bakery&position=49&from view=search&track=sph
- https://www.freepik.com/free-vector/boost-your-immune-system-concept-illustration 9319778.htm#query=immune&position=23&from view=search&track=sph
- https://www.freepik.com/free-vector/anxiety-concept-illustration 21118463.htm
- https://www.freepik.com/free-vector/eating-healthy-food-concept-illustration 8673470.htm#query=healthy%20eating&position=4&from view=search&track=sph
- https://www.freepik.com/free-vector/round-pastel-watercolor-elementsvector 3781717.htm#page=2&query=colour%20stroke&position=25&from view=search&track=sph
- https://www.freepik.com/free-vector/soft-watercolor-splash-stain-background 15102005.htm#query=colour%20stroke&position=32&from_view=search&track=sph_
- https://www.freepik.com/free-vector/decorative-yellow-watercolor-splash-brush-stroke-design-vector 25505414.htm#page=2&query=colour%20stroke&position=0&from view=search&track=sph
- https://www.freepik.com/premium-vector/watercolor-brush-stroke-pack 3982986.htm#page=7&query=colour%20stroke&position=20&from view=search&track=sph



References – Photo Credits

Icon via

- https://www.flaticon.com/free-icon/philippines 203027?term=philippines&page=1&position=8&page=1&position=8&related id=203027&origin=search
- https://www.flaticon.com/free-icon/cookies 164659?related id=164659
- https://www.flaticon.com/free-icon/rolls 3348041?term=bread%20roll&page=1&position=10&page=1&position=10&related id=3348041&origin=search
- https://www.flaticon.com/free-icon/bread 3014538
- https://www.flaticon.com/free-icon/protein-bar_7984794?term=energy%20bar&page=1&position=7&page=1&position=7&related_id=7984794&origin=search_
- https://www.flaticon.com/free-icon/right-arrow 2252540?term=arrow&page=1&position=51&page=1&position=51&related id=2252540&origin=search
- https://www.flaticon.com/free-icon/butter 1814088?term=margarine&page=1&position=12&page=1&position=12&related id=1814088&origin=search
- https://www.flaticon.com/free-icon/cow_2097882?related_id=2097882
- https://www.flaticon.com/free-icon/fat 3274120?term=oil&page=1&position=13&page=1&position=13&related_id=3274120&origin=search_
- https://www.flaticon.com/free-icon/cupcake_3173443?term=muffin&page=1&position=10&page=1&position=10&related_id=3173443&origin=search_
- https://www.flaticon.com/free-icon/biscuit 4034042?related id=4034042
- https://www.flaticon.com/free-icon/hypertension 4473742?related id=4473742
- https://www.flaticon.com/free-icon/document 3251579?term=law&page=1&position=26&page=1&position=26&related_id=3251579&origin=search_
- https://www.flaticon.com/free-icon/no-preservatives 6890054?related id=6890054
- https://www.flaticon.com/free-icon/question_3464867?related_id=3464867
- https://www.flaticon.com/free-icon/delete-button 5974771
- https://www.flaticon.com/free-icon/check-button 5974759
- https://www.flaticon.com/free-icon/up-arrow 2351966?term=arrow&page=1&position=15&page=1&position=15&related_id=2351966&origin=search_
- https://www.flaticon.com/free-icon/immune-system 3843032?related id=3843032&origin=search

MARKET TRENDS IN PHILIPPINES: BAKERY



References – Photo Credits

Icon via

- https://www.flaticon.com/free-icon/curved-arrow-64788?related-id=64788
- https://www.flaticon.com/free-icon/right-drawn-arrow 64818?related id=64818
- https://www.flaticon.com/free-icon/curve-arrow 3991131?related id=3991131
- https://www.flaticon.com/free-icon/arrow-right 2268536



THANK YOU