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"The prepared meals category has returned to growth as category competitors have responded to consumer interest in less-processed offerings and greater cuisine variety. Brands and retailers can help maintain the momentum by catering to the diverse needs of a new generation of users with products that offer greater flexibility, new taste experiences, and heathier eating."

- John Owen, Senior Food & Drink Analyst

This report looks at the following areas:

- Category growth accelerates in 2017
- Opportunity to increase use among current purchasers
- Purchasers tend to treat category as a need rather than a want

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This report is part of a series of reports, produced to provide you with a more holistic view of this market



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Sides help drive category growth

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While convenience defines the category, taste is key as well

Young adults' diversity of motivations creates targeted opportunities

All natural ingredients and high protein are top priorities

Health preferences shift with age

Hearty comfort food still a top choice for category purchasers

Young adults interested in a wider array of easy meal options

Purchasers see improvements in taste and health

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## Opportunity to increase use among current purchasers

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Young adults more likely to make category purchases, especially frozen sides

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