Afghanistan

What it produces, exports, imports and uses, among the commodities tracked here

Top-ten producer of

Commodity	World rank	Share of world	Year
Pistachios	9	0.2%	2024
Almonds	10	1.8%	2024
Silk	10	0.1%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Cotton	10	1.3%	$226.1 million

Of $618.7 million of tracked-commodity exports, 37% is cotton, then grapes (28%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Wheat	7.7 million tonnes	163	55%	45%
Milk	2.4 million tonnes	37	94%	5.9%
Rice	1.4 million tonnes	32	43%	57%
Potatoes	1.2 million tonnes	26	74%	26%
Grapes	749 thousand tonnes	16	157%	0.4%
Corn	636 thousand tonnes	7.6	51%	49%

Single-supplier import markets

Afghanistan buys half or more of its imports from one country in 1 of 1 import markets of $250 million or more: rice from Pakistan (99%).

Sources: FAOSTAT, USGS Mineral Commodity Summaries, Energy Institute Statistical Review (production); CEPII BACI (trade); FAOSTAT Food Balances (use). Ranks count only the commodities on this site. Cite as: Commodity Origins, "Afghanistan", https://commodityorigins.com/countries/AFG/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/AFG/. Text is written with AI assistance and checked against the cited data; figures are computed from the sources (https://commodityorigins.com/about/#how-ai-is-used).