Bahrain

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Aluminum	6	2.2%	2025

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Aluminum	9	4.6%	$3.6 billion
Iron ore	9	1.1%	$1.8 billion
Beryllium	10	0.1%	$28,152

Of $6.1 billion of tracked-commodity exports, 59% is aluminum, then iron ore (29%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Milk	346 thousand tonnes	194	5%	132%
Wheat	145 thousand tonnes	87	<0.1%	138%
Rice	102 thousand tonnes	64	<0.1%	101%
Oranges	89 thousand tonnes	56	<0.1%	102%
Sugar	66 thousand tonnes	42	<0.1%	102%
Potatoes	63 thousand tonnes	36	<0.1%	100%

Single-supplier import markets

Bahrain buys half or more of its imports from one country in 2 of 2 import markets of $250 million or more: iron ore from Brazil (72%); gold from United Arab Emirates (75%).

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, "Bahrain", https://commodityorigins.com/countries/BHR/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/BHR/. 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).