# Ghana

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

## Top-ten producer of

| Commodity | World rank | Share of world | Year |
|---|---|---|---|
| Yams | 2 | 11% | 2024 |
| Cocoa | 3 | 10% | 2024 |
| Manganese | 3 | 10% | 2025 |
| Cassava | 4 | 8.2% | 2024 |
| Plantains | 4 | 10% | 2024 |
| Cashews | 5 | 5.2% | 2024 |
| Gold | 6 | 4.5% | 2025 |
| Palm kernel oil | 8 | 0.8% | 2023 |

## Top-ten exporter of

| Commodity | World rank | Share of world exports | Export value |
|---|---|---|---|
| Yams | 1 | 25% | $63.3 million |
| Manganese | 3 | 8.7% | $556.1 million |
| Cocoa | 4 | 7.7% | $1.5 billion |
| Bauxite | 6 | 1% | $120.6 million |
| Cashews | 7 | 5.3% | $184.6 million |
| Natural rubber | 9 | 1.4% | $228.5 million |
| Cassava | 10 | 1.9% | $65.5 million |

Of $8.8 billion of tracked-commodity exports, 67% is gold, then cocoa (17%).

**Top-ten importer of:** jute (#9).

# What it uses (FAO food balances, 2023)

| Commodity | Domestic supply | kg per person | Self-sufficiency | Imported |
|---|---|---|---|---|
| Cassava | 26.5 million tonnes | 250 | 100% | <0.1% |
| Yams | 9.5 million tonnes | 157 | 100% | <0.1% |
| Plantains | 4.4 million tonnes | 121 | 100% | <0.1% |
| Corn | 3.6 million tonnes | 31 | 99% | 1% |
| Rice | 2.6 million tonnes | 60 | 58% | 42% |
| Oranges | 694 thousand tonnes | 19 | 101% | 1.1% |

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