Guatemala

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Cardamom	1	39%	2024
Palm kernel oil	6	0.9%	2023
Palm oil	6	1.2%	2023
Bananas	10	2%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Cardamom	1	41%	$515.2 million
Plantains	2	15%	$168.3 million
Bananas	3	9.8%	$1.5 billion
Boron	6	0.8%	$9.3 million
Palm oil	6	1.3%	$548.9 million
Palm kernel oil	7	5.7%	$61.9 million
Sugar	8	1.8%	$757.5 million
Coffee	10	2.8%	$945.4 million

Of $4.9 billion of tracked-commodity exports, 31% is bananas, then coffee (19%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Corn	3.8 million tonnes	83	55%	45%
Milk	1.8 million tonnes	83	32%	71%
Sugar	1.1 million tonnes	51	193%	3.2%
Wheat	756 thousand tonnes	37	<0.1%	126%
Chicken	585 thousand tonnes	30	75%	26%
Potatoes	539 thousand tonnes	21	94%	18%

Single-supplier import markets

Guatemala buys half or more of its imports from one country in 2 of 2 import markets of $250 million or more: natural gas from United States (90%); corn from United States (62%).

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