Honduras

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Palm oil	8	0.8%	2023
Cardamom	9	0.3%	2024
Coffee	10	2.9%	2024
Palm kernel oil	10	0.6%	2023

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Coffee	7	3.9%	$1.3 billion
Palm oil	7	0.9%	$415.7 million
Pineapples	7	1.5%	$41.9 million
Palm kernel oil	8	4.9%	$53 million

Of $2.5 billion of tracked-commodity exports, 53% is coffee, then palm oil (17%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Corn	1.6 million tonnes	78	45%	59%
Milk	1.2 million tonnes	65	57%	49%
Wheat	409 thousand tonnes	26	0.2%	125%

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Sugar	400 thousand tonnes	36	145%	6.3%
Chicken	257 thousand tonnes	24	94%	8.2%
Palm oil	247 thousand tonnes	14	306%	19%

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