Iran

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Strontium	1	56%	2025
Feldspar	3	13%	2025
Natural gas	3	6.3%	2025
Pistachios	3	23%	2024
Dates	4	12%	2024
Crude oil	5	5.2%	2025
Honey	5	4.4%	2024
Iron ore	5	3.6%	2025

And 13 more on the full page.

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Pistachios	2	14%	$473.4 million
Dates	5	7.7%	$188.9 million
Almonds	9	0.8%	$39.9 million

Of $2.5 billion of tracked-commodity exports, 45% is iron ore, then pistachios (19%).

Top-ten importer of: silk (#10).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Wheat	15.7 million tonnes	153	80%	20%
Milk	8.8 million tonnes	27	96%	5.4%
Corn	4.4 million tonnes	1.7	8%	92%
Rice	4.4 million tonnes	34	76%	25%
Barley	3.2 million tonnes	0.4	94%	5.8%
Soybeans	3.0 million tonnes	0.0	6.6%	93%

Single-supplier import markets

Iran buys half or more of its imports from one country in 6 of 6 import markets of $250 million or more: soybeans from Brazil (75%); corn from Brazil (86%); rice from India (100%); gold from China (98%); sugar from Brazil (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, "Iran", https://commodityorigins.com/countries/IRN/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/IRN/. 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).