Myanmar

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Sesame seed	2	11%	2024
Rare earths	4	5.6%	2025
Antimony	5	4.1%	2025
Chickpeas	5	2.5%	2024
Peanuts	5	3%	2024
Rice	7	3.4%	2024
Tin	7	4.1%	2025
Plantains	9	3.3%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Antimony	2	24%	$112.1 million
Tungsten	4	11%	$29.8 million
Ginger	7	1.9%	$24.6 million
Manganese	7	0.9%	$59.2 million
Natural rubber	7	3.2%	$535.5 million
Rice	7	3.6%	$1.4 billion
Corn	9	1.6%	$766.5 million

Of $6.7 billion of tracked-commodity exports, 47% is natural gas, then rice (21%).

Top-ten importer of: antimony (#5).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Rice	21.9 million tonnes	271	110%	0.1%
Peanuts	1.7 million tonnes	5.2	101%	<0.1%
Plantains	1.3 million tonnes	20	109%	<0.1%
Corn	1.3 million tonnes	3.0	223%	1.4%
Milk	1.1 million tonnes	8.8	84%	16%
Chicken	683 thousand tonnes	12	100%	<0.1%

Single-supplier import markets

Myanmar buys half or more of its imports from one country in 2 of 3 import markets of $250 million or more: crude oil from Qatar (100%); palm oil from Indonesia (78%).

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