Mozambique

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Titanium	2	20%	2025
Zirconium	3	13%	2025
Beryllium	5	0.7%	2025
Graphite	5	3.3%	2025
Cashews	9	3.4%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Graphite	3	8.2%	$44 million
Titanium	3	12%	$379.6 million
Zirconium	5	6.6%	$112.7 million
Coal	9	1.7%	$3 billion
Sesame seed	9	3.4%	$269.8 million
Cashews	10	3.2%	$112.1 million

Of $9.5 billion of tracked-commodity exports, 35% is natural gas, then coal (32%).

Top-ten importer of: chromium (#2).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Cassava	7.6 million tonnes	182	100%	<0.1%
Corn	2.4 million tonnes	60	89%	12%
Rice	1.5 million tonnes	41	13%	87%
Tomatoes	958 thousand tonnes	27	97%	2.7%
Wheat	731 thousand tonnes	22	2%	102%
Potatoes	620 thousand tonnes	15	85%	15%

Single-supplier import markets

Mozambique buys half or more of its imports from one country in 3 of 5 import markets of $250 million or more: chromium from South Africa (96%); iron ore from South Africa (99%); palm oil from Malaysia (83%).

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