Norway

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Silicon	3	2.8%	2025
Titanium	5	4.1%	2025
Aluminum	8	1.8%	2025
Fishmeal	9	3.5%	2024
Natural gas	9	2.9%	2025
Graphite	10	0.4%	2025

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Nickel	1	15%	$2.2 billion
Salmon	1	50%	$8 billion
Natural gas	2	11%	$54.5 billion
Silicon	2	12%	$502.9 million
Titanium	4	6.8%	$217.5 million
Aluminum	6	5.4%	$4.3 billion
Cobalt	7	2.1%	$101.3 million
Crude oil	7	3.8%	$50 billion

Of $122 billion of tracked-commodity exports, 45% is natural gas, then crude oil (41%).

Top-ten importer of: fishmeal (#3), manganese (#3), barite (#5), magnesium (#7), fluorspar (#9), titanium (#9).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Wheat	3.4 million tonnes	150	5.4%	96%
Milk	1.7 million tonnes	185	86%	15%
Barley	489 thousand tonnes	0.0	84%	16%
Soybeans	383 thousand tonnes	0.1	<0.1%	100%
Potatoes	319 thousand tonnes	30	93%	7.4%
Oats	228 thousand tonnes	7.3	89%	12%

Single-supplier import markets

Norway buys half or more of its imports from one country in 3 of 6 import markets of $250 million or more: crude oil from United States (51%); sawnwood from Sweden (83%); manganese from Gabon (58%).

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, "Norway", https://commodityorigins.com/countries/NOR/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/NOR/. 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).