Nepal

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Ginger	4	5.9%	2024
Cardamom	5	4.5%	2024
Jute	5	0.3%	2024
Lentils	10	1.9%	2024

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Cardamom	4	5%	$62 million

Of $160.7 million of tracked-commodity exports, 39% is cardamom, then plywood (38%).

Top-ten importer of: jute (#4).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Rice	6.4 million tonnes	135	90%	10%
Potatoes	3.8 million tonnes	99	93%	7.4%
Corn	3.6 million tonnes	42	80%	27%
Milk	2.8 million tonnes	42	99%	0.9%
Wheat	2.3 million tonnes	55	92%	8.5%

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Bananas	456 thousand tonnes	14	89%	11%

Single-supplier import markets

Nepal buys half or more of its imports from one country in 1 of 1 import markets of $250 million or more: natural gas from India (100%).

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