Pakistan

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Cotton	5	7%	2023
Dates	5	6.1%	2024
Sesame seed	5	6.5%	2024
Mangoes	6	3.5%	2024
Sugar	6	3.6%	2023
Tobacco	6	3.1%	2024
Milk	7	3.1%	2024
Wheat	7	4%	2024

And 7 more on the full page.

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Rice	3	10%	$4.1 billion
Chromium	4	1.6%	$133.8 million
Sesame seed	7	4.1%	$327.4 million
Mangoes	10	2.7%	$111.3 million

Of $5.8 billion of tracked-commodity exports, 70% is rice, then sesame seed (5.6%).

Top-ten importer of: tea (#1), chickpeas (#2), jute (#3), palm oil (#3), cotton (#4), ginger (#6), lentils (#9), silk (#9).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Milk	65.3 million tonnes	130	99%	1.1%
Wheat	29.2 million tonnes	109	92%	8.6%
Corn	8.7 million tonnes	6.4	122%	0.3%
Potatoes	7.6 million tonnes	27	110%	0.4%
Sugar	6.4 million tonnes	26	105%	0.1%
Rice	3.2 million tonnes	9.9	177%	0.1%

Single-supplier import markets

Pakistan buys half or more of its imports from one country in 7 of 12 import markets of $250 million or more: crude oil from Saudi Arabia (56%); natural gas from Qatar (71%); palm oil from Indonesia (86%); steel from China (74%); tea from Kenya (89%).

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