Poland

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Oats	3	7.2%	2024
Rhenium	3	12%	2025
Apples	4	3.5%	2024
Cheese	6	4.2%	2023
Silver	6	5%	2025
Helium	7	1.6%	2025
Canola	9	3.6%	2024
Hazelnuts	9	0.8%	2024

And 1 more on the full page.

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Chicken	3	13%	$4.6 billion
Eggs	3	8.2%	$484.9 million
Boron	5	1%	$11.6 million
Linseed	5	5.4%	$66.6 million
Logs	5	3.8%	$492.3 million
Tea	5	3.5%	$269.1 million

Commodity	World rank	Share of world exports	Export value
Oats	6	3.8%	$41.8 million
Apples	7	6.4%	$518.5 million

Of $18.7 billion of tracked-commodity exports, 25% is chicken, then wheat (8.6%).

Top-ten importer of: salmon (#1), hazelnuts (#3), linseed (#5), orange juice (#5), pork (#6), graphite (#7), feldspar (#8), pistachios (#8).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Milk	14.9 million tonnes	206	104%	25%
Wheat	7.6 million tonnes	103	196%	37%
Potatoes	5.3 million tonnes	93	105%	14%
Corn	5.1 million tonnes	—	177%	17%
Canola	3.7 million tonnes	0.3	118%	12%
Barley	2.7 million tonnes	3.0	105%	18%

Single-supplier import markets

Poland buys half or more of its imports from one country in 6 of 23 import markets of $250 million or more: salmon from Norway (58%); coffee from Germany (56%); sunflower oil from Ukraine (67%); iron ore from Ukraine (94%); copper from Brazil (99%).

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