Portugal

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Olive oil	6	6.7%	2023
Almonds	7	2.3%	2024
Lithium	9	0.1%	2025

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Olive oil	4	9.7%	$1.6 billion
Tungsten	6	6.7%	$18.3 million
Almonds	8	1%	$54 million

Of $2.8 billion of tracked-commodity exports, 57% is olive oil, then copper (14%).

Top-ten importer of: olive oil (#7), potatoes (#8), logs (#10).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Milk	3.6 million tonnes	239	57%	59%
Corn	2.9 million tonnes	17	27%	84%
Wheat	2.1 million tonnes	122	1.5%	125%
Grapes	1.0 million tonnes	1.1	95%	5.1%

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Soybeans	914 thousand tonnes	0.0	<0.1%	101%
Potatoes	823 thousand tonnes	65	35%	77%

Single-supplier import markets

Portugal buys half or more of its imports from one country in 6 of 13 import markets of $250 million or more: olive oil from Spain (88%); aluminum from Spain (63%); pork from Spain (94%); soybeans from United States (54%); chicken from Spain (65%).

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