São Tomé and Príncipe

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Cinnamon	7	<0.1%	2024

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Plantains	41 thousand tonnes	150	100%	<0.1%
Rice	10 thousand tonnes	43	<0.1%	100%
Wheat	9 thousand tonnes	40	<0.1%	100%
Bananas	5 thousand tonnes	20	100%	<0.1%
Milk	5 thousand tonnes	20	17%	83%
Sugar	4 thousand tonnes	17	<0.1%	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, "São Tomé and Príncipe", https://commodityorigins.com/countries/STP/ (CC BY 4.0). Full page, sources and downloads: https://commodityorigins.com/countries/STP/. 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).