Tanzania

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

Top-ten producer of

Commodity	World rank	Share of world	Year
Sisal	2	26%	2024
Cashews	3	12%	2024
Cloves	3	4.3%	2024
Graphite	3	4.2%	2025
Cardamom	8	0.4%	2024
Bananas	9	2.3%	2024
Tobacco	9	1.9%	2024
Cassava	10	3.1%	2024

And 1 more on the full page.

Top-ten exporter of

Commodity	World rank	Share of world exports	Export value
Cashews	2	17%	$602 million
Jute	2	10%	$21.7 million
Cloves	3	5%	$32.8 million
Tobacco	6	4.2%	$599.1 million
Chickpeas	7	4.4%	$108 million
Sisal	7	3%	$20.8 million

Commodity	World rank	Share of world exports	Export value
Sorghum	7	0.8%	$21.6 million
Graphite	8	3.5%	$19.1 million

Of $7.5 billion of tracked-commodity exports, 59% is gold, then cashews (8%).

What it uses (FAO food balances, 2023)

Commodity	Domestic supply	kg per person	Self-sufficiency	Imported
Cassava	10.0 million tonnes	124	101%	<0.1%
Corn	7.7 million tonnes	80	101%	1.2%
Milk	3.9 million tonnes	36	99%	0.9%
Bananas	3.7 million tonnes	38	100%	<0.1%
Rice	3.6 million tonnes	48	97%	12%
Wheat	1.1 million tonnes	15	5.9%	99%

Single-supplier import markets

Tanzania buys half or more of its imports from one country in 3 of 4 import markets of $250 million or more: palm oil from Indonesia (51%); wheat from Russia (68%); steel from China (58%).

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