Plantains

Fruit & vegetables

Starchy cooking bananas, boiled, fried or pounded as a staple across west and central Africa and the Caribbean.

Key facts

World production, 2024
44.2 million tonnes

Top producer
Uganda, 27%

Top exporter, plantains (HS 080310), 2024
Ecuador, 23% of export value

HS code
080310 Plantains, fresh or dried

FAOSTAT item
489 Plantains and cooking bananas

Also called
cooking bananas, plantain, matoke

Top producers, 2024

Country	Tonnes	Share
Uganda	11.8 million	27%
DR Congo (Democratic Republic of the Congo)	4.9 million	11%
Cameroon	4.7 million	11%
Ghana	4.4 million	10%
Philippines	3 million	6.9%

FAOSTAT Crops and livestock products (QCL), 2024.

Top exporters, 2024

Country	Export value	Share
Ecuador	257.7 million USD	23%
Guatemala	168.3 million USD	15%
Colombia	152.3 million USD	14%
Netherlands	69 million USD	6.2%
Greece	49.7 million USD	4.5%

CEPII BACI international trade database (HS22, V202601).

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