

# Nepal

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

## Top-ten producer of

| Commodity | World rank | Share of world | Year |
|-----------|------------|----------------|------|
| Ginger    | 4          | 5.9%           | 2024 |
| Cardamom  | 5          | 4.5%           | 2024 |
| Jute      | 5          | 0.3%           | 2024 |
| Lentils   | 10         | 1.9%           | 2024 |

## Top-ten exporter of

| Commodity | World rank | Share of world exports | Export value |
|-----------|------------|------------------------|--------------|
| Cardamom  | 4          | 5%                     | \$62 million |

Of \$160.7 million of tracked-commodity exports, 39% is cardamom, then plywood (38%).

**Top-ten importer of:** jute (#4).

## What it uses (FAO food balances, 2023)

| Commodity | Domestic supply    | kg per person | Self-sufficiency | Imported |
|-----------|--------------------|---------------|------------------|----------|
| Rice      | 6.4 million tonnes | 135           | 90%              | 10%      |
| Potatoes  | 3.8 million tonnes | 99            | 93%              | 7.4%     |
| Corn      | 3.6 million tonnes | 42            | 80%              | 27%      |
| Milk      | 2.8 million tonnes | 42            | 99%              | 0.9%     |
| Wheat     | 2.3 million tonnes | 55            | 92%              | 8.5%     |

| Commodity | Domestic supply     | kg per person | Self-sufficiency | Imported |
|-----------|---------------------|---------------|------------------|----------|
| Bananas   | 456 thousand tonnes | 14            | 89%              | 11%      |

## Single-supplier import markets

Nepal buys half or more of its imports from one country in 1 of 1 import markets of \$250 million or more: natural gas from India (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, "Nepal", <https://commodityorigins.com/countries/NPL/> (CC BY 4.0). Full page, sources and downloads: <https://commodityorigins.com/countries/NPL/>. 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>).