



Harvesting Innovation, Cultivating Sustainability

SESAME SEED SECTOR OF PAKISTAN

3rd International Food and Agriculture
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PRODUCT PROFILE

With annual production of over 300000 metric tons, Pakistan is an emerging player in the global sesame market. Sindh and Punjab are the major sesame-producing regions, offering both white and black sesame varieties. High in antioxidants and healthy fats, Pakistani sesame is in demand for oil extraction, tahini, bakery, and health foods. White sesame is the most exported type, prized for its high oil yield and uniform grain size. Top export destinations include China, Turkey, UAE, Saudi Arabia, Vietnam, and South Korea. Non-GMO, chemical-free sesame production enhances Pakistan's image as a source of premium quality seeds.

PRODUCTION ('000' TONS)					
Year	Punjab	Sindh	KPK	Balochistan	Total
2021-22	115.80	6.31	0.24	5.73	128.07
2022-23	148.22	2.57	0.30	1.25	152.34
2023-24	287.40	5.81	0.30	7.70	301.21

Source: MNFSR

TOP IMPORTING COUNTRIES IN THE WORLD	
Importing Country	Import Value (USD Million)
World	4,699
China	1,866
Turkiye	450
Japan	369
India	219
Korea	176

Source: ITC, Trade Map



EXPORTS FOR THE LAST THREE YEARS (USD MILLION)

Country	2022-23	2023-24	2024-25
Grand Total	148.33	406.60	372.45
China	90.28	281.82	262.89
Kazakhstan	13.08	13.92	24.75
Korea(South)	2.54	12.45	11.43
Netherlands	7.63	8.19	8.38
United States	3.98	8.47	7.15
Oman		0.52	6.81
Saudi Arabia	1.38	12.54	6.18

Source: PRAL

TOP 5 DESTINATIONS

1. China
2. Kazakhstan
3. Korea
4. USA
5. Netherlands





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Product Officer & details

Malik Hafiz Kamran Ahmed

Deputy Director (AFD)

TDAP Faisalabad

Cell: 92+334-1452372 (Whatsapp)

Email: Arshia.fatima@tdap.gov.pk

Lower Ground, State Life Building No. 5, Sector F,

Nazim-ud-din Rd, F 6/4 Blue Area, Islamabad

URL: www.tdap.gov.pk

