



Charted: Peanut Butter Consumption Per Capita, by Country

The Countries That Consume the Most Peanut Butter Per Capita

Key Takeaways

- African nations are major peanut producers and consumers, though the product used is different from the processed variety on Western supermarket shelves.
- China dominates total consumption with 4 million tonnes consumed, but ranks fourth per-capita.
- Canada and the Netherlands are among the highest per-capita consumers globally, with Canada actually exceeding U.S. consumption rates.

Peanut butter may feel quintessentially American, yet the latest per-capita ranking tells a different story. As the graphic above, by [Made Visual Daily](#), shows, West African and Southeast Asian countries dominate the leaderboard, while the United States sits mid-pack.

For context, Americans still eat vast absolute volumes—about 694,000 tonnes—but when population is factored in, they trail 10 other nations.

Country	Per Capita (kg)	Tonnage (tonnes)	Population
Burkina Faso	6.4	153,000	24,100,000
Myanmar	6.0	330,000	54,800,000
Chad	4.0	84,000	21,000,000
China	2.8	3,958,000	1,416,000,000
Niger	2.7	76,000	27,900,000
Sudan	2.6	135,000	51,600,000
Tanzania	2.4	170,000	70,500,000
Netherlands	2.4	43,920	18,300,000
Belgium	2.3	27,140	11,800,000
Argentina	2.1	95,000	45,900,000
United States	2.0	694,000	347,000,000
Cameroon	1.9	57,000	29,900,000
Russia	1.8	259,200	144,000,000
Austria	1.6	14,560	9,100,000
Canada	1.4	53,200	38,000,000
United Kingdom	1.3	90,480	69,600,000
India	1.1	1,539,000	1,464,000,000
Nigeria	1.0	245,000	237,000,000
Brazil	0.7	165,000	212,000,000
Bangladesh	0.2	39,000	175,700,000
Vietnam	0.2	16,000	101,600,000
South Africa	0.1	6,000	64,700,000
Indonesia	0.1	20,000	285,000,000
Mexico	0.02	2,000	131,900,000
Japan	0.01	1,000	124,000,000

Why West Africa Tops the Chart

West African countries harvest a lot of peanuts domestically, and ground-nut spreads are a dietary staple across the Sahel. In Burkina Faso, Chad, and Niger, peanut sauce accompanies everything from rice to fufu, pushing average consumption well past Western levels. The affordability and long shelf-life of peanut butter also make it a valuable [protein source](#) in regions where refrigeration is limited.

The North American Perspective

Americans still rank among the world leaders in total tonnage, yet per-capita intake is only one-third of Burkina Faso’s. Growing competition from almond and sunflower spreads, plus shifting dietary trends, appear to be capping further gains at home. Americans consumed a record 4.4 lbs (2 kg) per capita in recent years, with Canada coming just below at 3.1 lbs (1.4 kg) per capita.

Market Trends and Future Outlook

The peanut butter market has shown steady growth, with revenue increasing from \$5.1 billion in 2022 to \$5.6 billion in 2024. This growth reflects both population increases and rising per-capita consumption in various markets worldwide.

Source: <https://www.visualcapitalist.com/cp/charted-peanut-butter-consumption-per-capita-by-country/>