

Myanmar Monthly Food Price Report – May 2026

May Thet Htar, Bart Minten, and Ian Masias

KEY HIGHLIGHTS

- Rice prices remained relatively stable in May 2026, increasing modestly by 2.2 percent year-on-year and 1.6 percent month-on-month. While national price movements were limited, substantial regional disparities persisted, reflecting differences in production conditions, market access, and transport costs.
- Most export crop prices showed limited month-on-month movements. Pulses price remained broadly stable, supported by continued demand from India and increased purchasing by traders and wholesalers. In contrast, maize prices continued to rise, driven by strong export demand ahead of the June closure of Thailand's duty-free import window¹ and improving cross-border trade opportunities.
- Vegetable prices showed mixed trends. Garlic prices continued to increase due to lower domestic production and reduced imported supply, while onion and chili prices recorded modest declines. Potato prices continued to fall amid increased inflows of lower-priced Chinese potatoes and weak domestic demand.
- Most animal-sourced food prices remained substantially higher than a year ago, led by mutton, beef, and fish. However, month-on-month price movements were generally modest, indicating stable market conditions across most livestock and fish products.
- The Iran conflict and partial closure of the Strait of Hormuz continue to disrupt global oil and fertilizer trade. In Myanmar, fuel and urea fertilizer prices remain well above year-earlier levels — even as diesel prices moderated from their April peaks — eroding fertilizer profitability and prompting some farmers to cultivate smaller areas or reduce plowings. If sustained, these conditions point to lower monsoon-season agricultural production.
- Flood warnings have been issued in recent weeks for parts of the country. Moreover, a new El Niño phase is expected to develop within the coming weeks, increasing the risks of drought in Myanmar.

Introduction

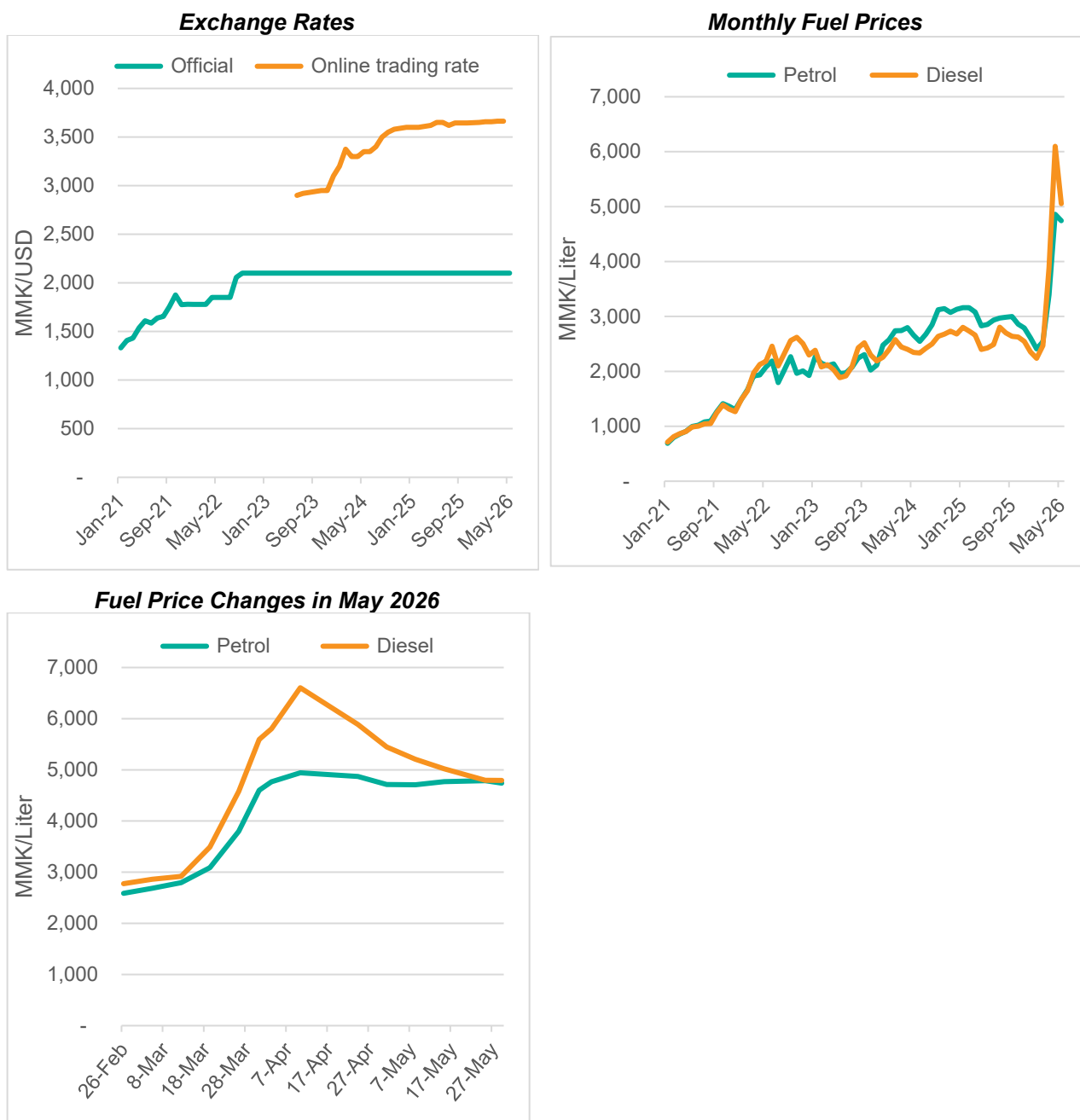
The rapidly evolving agricultural and food security situation in Myanmar requires a high frequency, systematic, and comprehensive approach to monitoring. The Myanmar Monthly Food Price Report synthesizes food price trends using publicly available datasets, focusing on key agricultural crops and highlighting regional differences in rice prices. By analyzing these trends, the report aims to provide insights into the broader agricultural market and the factors driving food price fluctuations in Myanmar.

Two primary factors influencing food price trends in the country are exchange rates and fuel prices. In May 2026, the official exchange rate remained unchanged at 2,100 MMK/USD – at the same level for three years (Figure 1). Meanwhile, the online trading rate had risen by 1.2 percent compared to May 2025. These rates affect export crop prices, as 15 percent of export earnings must be exchanged at the official rate, with the remaining 85 percent exchanged at the online trading rate.

Fuel prices remain substantially elevated due to trade disruptions linked to the partial closure of the Strait of Hormuz, though they have moderated from their April peaks. At the end of May 2026, diesel prices were 73 percent higher and petrol prices 83 percent higher than prior to the start of the conflict. Relative to the same month in 2025, diesel prices in May 2026 increased by 108 percent while petrol price increased by 66 percent (Figure 1). Moreover, fuel is becoming increasingly scarce across the country, with even sharper price increases in remote and conflict-affected areas.

¹ This [duty-free import window has been extended](#) in June 2026.

Figure 1. Exchange Rate and Fuel Price Developments



Source: Central Bank Myanmar (exchange rate) and Department of Consumer Affairs (fuel price)

Food Price Developments

Rice

Table 1 shows that national average rice prices increased modestly by 1.6 percent month-on-month and 2.2 percent year-on-year in May 2026, indicating relatively stable rice market conditions compared to previous months. A comparison of rice prices across different regions and states reveals the following:

- Month-on-month price movements were generally limited across most regions and states. The largest increases were observed in Ayeyarwady (19 percent), Mandalay (7 percent), and Tanintharyi (3 percent), while prices remained unchanged in most other regions and states, suggesting stable market conditions across most of the country.
- Year-on-year price trends were mixed across regions and states. Significant increases were recorded in Kachin (25 percent), Sagaing (8 percent), Mon (7 percent), Tanintharyi (6 percent), and Ayeyarwady (5

percent). In contrast, prices remained below last year's levels in Shan (East), Mandalay, Kayah, Kayin, and Shan (South), reflecting continued regional differences in market conditions and supply availability.

- Regional price gaps remained pronounced. Shan (North and East), Kachin, Kayah, Sagaing, and Magway recorded prices above the national average, while major rice-producing regions such as Ayeyarwady, Bago, Mandalay, Yangon, and Shan (South) remained below the national average. The highest prices were observed in Shan (North), around 39 percent above the national average, while Bago and Kayin recorded prices about 17 percent below the national average, reflecting continued differences in production conditions, market access, and transport costs.

Table 1. Regional Urban Retail Rice Prices, Emata Variety (MMK/KG)

State/Region	Comparison over Time (nominal prices)						Comparison of States/Regions (relative to national average)			
	May-26	May-25			Apr-26			May-26	May-25	Apr-26
	Current	Last Year	Change	% Change	Last Month	Change	% Change	Current	Last Year	Last Month
Kachin	1,880	1,504	↑	25.0%	1,880	→	0.0%	1.11	0.91	1.13
Shan (North)	2,350				2,350	→	0.0%	1.39		1.41
Shan (East)	1,997	2,444	↓	-18.3%	1,974	↑	1.2%	1.18	1.47	1.18
Shan (South)	1,457	1,551	↓	-6.1%	1,457	→	0.0%	0.86	0.94	0.87
Kayah	1,880	2,021	↓	-7.0%	1,880	→	0.0%	1.11	1.22	1.13
Kayin	1,410	1,504	↓	-6.3%	1,410	→	0.0%	0.83	0.91	0.85
Mon	1,504	1,410	↑	6.7%	1,504	→	0.0%	0.89	0.85	0.90
Tanintharyi	1,739	1,645	↑	5.7%	1,692	↑	2.8%	1.03	0.99	1.01
Yangon	1,551	1,504	↑	3.1%	1,551	→	0.0%	0.91	0.91	0.93
Ayeyarwady	1,480	1,410	↑	5.0%	1,245	↑	18.9%	0.87	0.85	0.75
Sagaing	1,880	1,739	↑	8.1%	1,880	→	0.0%	1.11	1.05	1.13
Mandalay	1,504	1,645	↓	-8.6%	1,410	↑	6.7%	0.89	0.99	0.85
Magway	1,880	1,880	→	0.0%	1,880	→	0.0%	1.11	1.13	1.13
Bago	1,410	1,410	→	0.0%	1,410	→	0.0%	0.83	0.85	0.85
Nay Pyi Taw	1,504	1,551	↓	-3.0%	1,504	→	0.0%	0.89	0.94	0.90
National Avg.	1,695	1,658	↑	2.2%	1,668	↑	1.6%	1.00	1.00	1.00

Source: Department of Consumer Affairs

Other Crops

Most export crop prices showed relatively limited movements in May 2026. Pulse prices remained broadly stable month-on-month, with small declines recorded for black gram (2.9 percent), pigeon pea (2.1 percent), and green gram (5.0 percent), while chickpea prices increased marginally by 0.5 percent. Reports suggest that continued demand from India helped support prices for black gram, pigeon pea, and chickpea, while [weaker demand from China contributed to the decline in green gram prices](#). Despite limited month-on-month movements, year-on-year prices remained higher across most pulses, reflecting stronger regional demand and tighter supplies compared to last year. Reports indicate that [declining exports and domestic pulse prices have encouraged active purchasing by traders and wholesalers](#), helping support market demand.

Maize prices continued to increase, rising by 4.9 percent month-on-month and 15.6 percent year-on-year, supported by strong export demand ahead of the June closure of Thailand's duty-free import window. Reports of [renewed maize exports through the Tachileik border trade route](#) and the [reopening of Myawaddy border trade route](#) may have provided additional price support.

Among local crops, garlic prices increased by a further 5 percent month-on-month, although they remained 14.6 percent lower year-on-year. Traders reported [lower domestic production and reduced imported supply](#), which continued to support prices. Onion and chili prices showed limited month-on-month movements, declining slightly by 3.0 percent and 3.2 percent, respectively. Potato prices continued to decline, falling by 4.3 percent month-on-month and 3.6 percent year-on-year, amid [continued inflows of lower-priced Chinese potatoes and weak domestic demand](#).

Table 2. Average Wholesale Prices in Myanmar (MMK/KG)

Commodity	May-26	May-25		Apr-26		
	Current	Last Year		Last Month		
Export Crops						
- Maize	1,077	932	↑ 15.6%	1,027	↑ 4.9%	
- Green Gram	3,316	3,330	↓ -0.4%	3,491	↓ -5.0%	
- Black Gram	3,140	2,943	↑ 6.7%	3,233	↓ -2.9%	
- Chickpea	2,612	2,531	↑ 3.2%	2,598	↑ 0.5%	
- Pigeon Pea	3,131	2,966	↑ 5.5%	3,198	↓ -2.1%	
Local Crops						
- Onion	2,045	1,887	↑ 8.3%	2,109	↓ -3.0%	
- Garlic	8,359	9,784	↓ -14.6%	7,961	↑ 5.0%	
- Chili	11,357	9,269	↑ 22.5%	11,735	↓ -3.2%	
- Potato	3,197	3,316	↓ -3.6%	3,342	↓ -4.3%	

Source: Myantrade and DoA - MIS

Animal-Sourced Food

Most animal-sourced foods continued to record notable year-on-year price increases in May 2026 (Table 3), while month-on-month changes remained relatively modest, indicating stable market conditions. Mutton remained the commodity with the largest year-on-year increase, rising by 61 percent, as [many goat producers have exited the market, and transportation disruptions persist in key production areas](#). Pork prices increased by 4 percent year-on-year, while beef prices rose by 15 percent year-on-year. Chicken prices remained broadly stable compared to the same period last year, although they declined by 4 percent month-on-month. Fish prices also remained elevated year-on-year, increasing by 30 percent for carp and 33 percent for rohu, supported by continued export demand, while month-on-month movements were minimal. Egg prices declined modestly month-on-month but remained slightly higher than in the same period last year.

Table 3. Average Retail Prices in Myanmar (MMK/KG)

Commodity	May-26	May-25		Apr-26		
	Current	Last Year		Last Month		
- Eggs (piece)	460	450	↑ 2.2%	475	↓ -3.2%	
Meat						
- Chicken	12,942	12,963	↓ -0.2%	13,435	↓ -3.7%	
- Beef	18,601	16,204	↑ 14.8%	18,452	↑ 0.8%	
- Pork	20,161	19,378	↑ 4.0%	20,149	↑ 0.1%	
- Mutton	31,845	19,754	↑ 61.2%	31,250	↑ 1.9%	
Fish						
- Carp	16,667	12,835	↑ 29.9%	16,667	→ 0.0%	
- Rohu	11,241	8,452	↑ 33.0%	11,156	↑ 0.8%	

Source: Department of Consumer Affairs

Looking Forward

Key developments to monitor in upcoming months include:

- **Implications of the conflict in Iran:** The conflict in Iran has led to a partial closure of the Strait of Hormuz, through which more than a quarter of the world's oil exports and an estimated 20–30 percent of global fertilizer exports transit. This disruption is expected to have significant implications for the global agrifood system, as fuel prices have risen sharply and urea fertilizer prices have also increased substantially in recent weeks. These developments are particularly concerning for Myanmar's agrifood system, which depends heavily on fuel for transportation, irrigation, mechanization, and processing. Some farmers already

report cultivating smaller areas or reducing the number of plowings because of higher fuel costs. In addition, disruptions to fertilizer supply could adversely affect agricultural production during the current monsoon season. Fertilizer prices are expected to remain substantially above last year's levels. In May 2026, the reference price for a bag of urea fertilizer was set at 157,000 MMK before being reduced to 140,000 MMK in June. These prices remain well above those observed during the previous monsoon season, when the reference price stood at 94,000 MMK per bag, representing increases of 67 percent and 49 percent, respectively. As crop output prices have changed relatively little over the same period, the profitability of fertilizer use has declined, likely leading to substantially lower application rates and, consequently, significant reductions in agricultural production.

- **International rice price developments:** International rice prices increased modestly in May 2026, with the [FAO All Rice Price Index](#) rising by 2.7 percent month-on-month, although prices remained 1.4 percent below the same period last year. Given the strong integration of Myanmar's rice markets with global markets, these trends may continue to influence agricultural incentives, particularly in light of rising costs of key agricultural inputs such as mechanization services and fertilizer.
- **Maize market:** [The Ayeyarwady Region government has announced direct maize exports to Thailand via Ranong Port through Patheingyi Industrial Port. Thailand also extended its duty-free import window for maize in June 2026. While Thailand has expanded access for US maize imports, demand for Myanmar maize is expected to remain strong.](#) The impacts of these developments on export volumes, trade flows, and domestic maize prices will be important to monitor in the coming months.
- **Border trade outlook:** The [reopening of the Myawaddy-Mae Sot Friendship Bridge No. 2](#) is expected to improve formal agricultural trade between Myanmar and Thailand. Improved market access may facilitate commodity flows and support export opportunities for key agricultural commodities.
- **Domestic trade connectivity:** The [reopening of the Mandalay-Myittha trade route](#) marks an important development for domestic trade between central and northern Myanmar. Improved connectivity may facilitate commodity movements, support market activity, and ease transport constraints in the coming months.
- **Monsoon flood risks and preparedness:** [Flood warnings](#) have been issued for parts of the Ayeyarwady Delta, Bago, Sittaung River Basin, and Yangon areas due to the combination of heavy rainfall, elevated river flows, and high tides. Potential flooding in low-lying areas may affect crop production, livestock activities, transport networks, and market access. The Department of Fisheries has also advised [fish farmers to take preventive measures against pond flooding and fish losses](#). Developments in flood conditions and their implications for agricultural production and food supply chains will be important to monitor in the coming months. Moreover, [a new El Niño phase is expected to develop within the coming weeks, increasing the risks of drought across much of Southeast Asia.](#)

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INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

1201 Eye St, NW | Washington, DC 20005 USA

T. +1-202-862-5600 | F. +1-202-862-5606 | ifpri@cgiar.org | www.ifpri.org | www.ifpri.info

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