

# Commodities Outlook for July 2026

A Publication of BMO Capital Markets Economic Research · Douglas Porter, CFA, Chief Economist, BMO Financial Group

## Energy, Materials and Agriculture

	Crude Oil (US\$/bbl)	Natural Gas		Lumber (US\$/mbf)	Canola (US\$/t)	Wheat	Corn (US\$/bu.)	Soybeans	Cattle (US\$/cwt)	Hogs (US\$/cwt)	
		Henry Hub (US\$/mmbtu)	AECO								
2013	97.93	3.73	3.08	356	545	6.84	5.80	14.08	126.40	89.33	
2014	93.26	4.39	4.08	352	400	5.88	4.16	12.46	151.50	105.83	
2015	48.69	2.63	2.12	280	371	5.08	3.77	9.45	146.49	69.40	
2016	43.21	2.52	1.64	309	366	4.36	3.58	9.87	118.61	65.60	
2017	50.91	2.99	1.67	415	393	4.36	3.59	9.77	117.90	69.87	
2018	64.84	3.17	1.19	489	389	4.95	3.68	9.32	114.64	65.26	
2019	56.99	2.57	1.36	374	344	4.94	3.83	8.90	115.84	69.92	
2020	39.27	2.03	1.67	582	372	5.50	3.63	9.52	105.54	59.83	
2021	67.98	3.91	2.92	895	694	7.02	5.82	13.75	122.43	91.74	
2022	94.60	6.42	4.20	786	749	9.00	6.94	15.50	141.89	97.75	
2023	77.63	2.54	1.98	398	559	6.45	5.65	14.16	172.54	81.09	
2024	76.10	2.19	1.04	413	448	5.72	4.24	11.02	183.68	84.89	
2025	64.81	3.53	1.17	465	465	5.33	4.39	10.39	218.63	92.10	
y-t-d 2026	82.54	3.81	1.27	477	512	5.82	4.41	11.40	244.29	92.06	
2025	Jul	67.24	3.20	0.58	508	507	5.40	4.06	10.09	222.51	107.38
	Aug	64.02	2.91	0.57	501	478	5.09	3.84	10.06	236.76	99.95
	Sep	63.53	2.97	0.24	425	450	5.14	4.13	10.19	233.77	97.76
	Oct	60.07	3.19	0.91	465	441	5.11	4.22	10.35	236.15	88.87
	Nov	59.48	3.79	1.40	405	455	5.35	4.31	11.24	219.34	79.59
	Dec	57.87	4.26	1.92	392	440	5.23	4.40	10.77	227.39	83.37
2026	Jan	60.26	7.72	1.56	449	457	5.18	4.31	10.53	235.02	86.78
	Feb	64.52	3.62	1.30	465	489	5.49	4.30	11.23	242.72	90.67
	Mar	91.00	3.04	1.30	472	525	5.95	4.52	11.71	234.82	93.33
	Apr	98.06	2.77	0.97	490	522	6.01	4.52	11.68	250.04	92.62
	May	98.51	2.94	1.15	490	543	6.35	4.61	11.94	251.18	94.22
	Jun	81.79	3.14	1.30	495	536	5.90	4.18	11.27	252.50	94.29
	m-t-d Jul	68.64	3.38	1.05	n.a.	514	5.91	4.23	11.29	240.53	93.60
Forecast	2026 avg.	80.00 ↓	3.75	1.50 ↓	485 ↑	510	6.00	4.70	11.50	250.00 ↑	91.00
	2027 avg.	75.00 ↓	3.50	2.25	500 ↑	570	7.00	5.60	12.70	230.00 ↑	98.00

Commodity price forecasts are by BMO Economics and are independent of those used by BMO Capital Markets Equity Research

↑ and ↓ indicate annual forecast changes from last month

Lumber data provided by Madison's Lumber Reporter

## Base and Precious Metals

		Gold (US\$/oz)	Silver	Copper	Aluminum (US\$/lb)	Zinc	Nickel	Iron Ore (US\$/t)
2013		1,411	23.83	3.32	0.84	0.87	6.81	135
2014		1,266	19.08	3.11	0.85	0.98	7.65	97
2015		1,160	15.70	2.50	0.75	0.88	5.37	56
2016		1,248	17.10	2.21	0.73	0.95	4.35	58
2017		1,258	17.06	2.80	0.89	1.31	4.72	71
2018		1,270	15.71	2.96	0.96	1.33	5.95	69
2019		1,393	16.20	2.72	0.81	1.16	6.31	93
2020		1,770	20.51	2.80	0.77	1.03	6.25	108
2021		1,800	25.16	4.23	1.12	1.36	8.38	159
2022		1,802	21.75	4.00	1.23	1.58	11.71	120
2023		1,943	23.40	3.85	1.02	1.20	9.75	120
2024		2,387	28.24	4.15	1.10	1.26	7.63	110
2025		3,436	39.96	4.51	1.19	1.30	6.87	100
y-t-d 2026		4,684	78.53	5.93	1.53	1.52	8.03	106
2025	Jul	3,342	37.62	4.44	1.18	1.25	6.81	98
	Aug	3,358	37.97	4.38	1.18	1.26	6.76	102
	Sep	3,658	42.53	4.51	1.20	1.33	6.85	101
	Oct	4,058	49.45	4.85	1.26	1.43	6.84	105
	Nov	4,085	50.79	4.90	1.28	1.45	6.66	104
	Dec	4,300	64.37	5.35	1.30	1.43	6.75	106
2026	Jan	4,747	92.22	5.94	1.43	1.46	8.09	103
	Feb	5,012	82.51	5.88	1.39	1.51	7.77	98
	Mar	4,877	78.54	5.67	1.53	1.45	7.75	106
	Apr	4,720	75.81	5.85	1.63	1.52	8.16	107
	May	4,583	77.85	6.13	1.66	1.58	8.53	106
	Jun	4,245	66.66	6.16	1.57	1.61	8.01	99
	m-t-d Jul	4,021	59.03	5.98	1.39	1.59	7.31	100
Forecast 2026 avg.		4,600 ↓	72.00 ↓	6.00 ↑	1.50 ↓	1.55 ↑	8.00	105
2027 avg.		5,000 ↑	68.00 ↑	5.85 ↑	1.45	1.45 ↑	7.75	100

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↑ and ↓ indicate annual forecast changes from last month

## Commodity Indices and Forecasts (US\$-terms : 2003 = 100)

		All Commodities	Oil & Gas	Metals & Minerals	Forest Products	Agricultural Products	All Commodities (C\$-terms)
	2017	185.0	150.7	255.6	147.7	142.0	171.5
	2018	210.2	190.5	265.8	168.9	147.4	194.3
	2019	196.9	167.0	271.4	125.4	141.5	186.6
	2020	187.9	115.6	301.7	205.3	151.4	179.5
	2021	263.4	201.0	354.1	327.8	224.1	235.8
	2022	328.2	281.9	426.4	275.2	262.6	313.8
	2023	275.1	225.5	395.1	142.7	205.9	265.3
	2024	279.1	220.4	421.9	149.2	176.4	273.1
	2025	294.1	191.2	507.9	156.9	176.2	291.6
<b>Forecast</b>	<b>2026</b>	<b>369.7</b>	<b>234.8</b>	<b>661.5</b>	<b>161.0</b>	<b>195.8</b>	<b>361.2</b>
	<b>2027</b>	<b>371.8</b>	<b>220.1</b>	<b>682.2</b>	<b>165.3</b>	<b>217.3</b>	<b>363.2</b>
	2024 Q4	276.0	204.4	436.6	154.2	171.8	275.5
	2025 Q1	285.0	211.3	449.8	168.5	173.4	292.1
	Q2	284.7	187.5	483.7	159.3	180.6	281.7
	Q3	294.7	190.5	510.0	159.0	177.0	287.9
	Q4	312.0	175.6	588.0	140.7	173.8	304.8
	2026 Q1	366.0	214.1	685.1	154.7	185.2	357.5
	Q2	387.7	269.3	662.4	163.0	200.0	378.8
<b>Forecast</b>	<b>Q3</b>	<b>359.9</b>	<b>235.1</b>	<b>630.3</b>	<b>167.2</b>	<b>197.0</b>	<b>351.6</b>
	<b>Q4</b>	<b>365.3</b>	<b>220.6</b>	<b>668.0</b>	<b>159.2</b>	<b>200.9</b>	<b>356.8</b>
	<b>2027 Q1</b>	<b>375.1</b>	<b>220.6</b>	<b>694.8</b>	<b>159.2</b>	<b>209.1</b>	<b>366.4</b>
	2025 Jun	292.8	197.3	492.3	157.2	185.4	286.1
	Jul	295.6	197.4	498.8	168.8	182.2	288.7
	Aug	290.4	187.7	500.5	165.6	175.6	283.7
	Sep	298.1	186.4	530.5	142.5	173.0	291.2
	Oct	309.1	177.1	575.1	154.5	171.8	302.0
	Nov	308.9	176.7	577.2	135.8	176.5	301.7
	Dec	318.1	173.1	611.5	131.9	173.2	310.7
	2026 Jan	349.7	187.3	680.3	150.1	174.9	341.6
	Feb	356.3	190.6	691.0	156.0	185.0	348.1
	Mar	391.8	264.4	684.0	158.2	195.8	382.8
	Apr	400.0	283.9	678.1	162.5	197.7	390.8
	May	400.2	285.5	674.1	162.5	205.3	391.0
	Jun	363.0	238.5	635.1	163.9	197.0	354.6

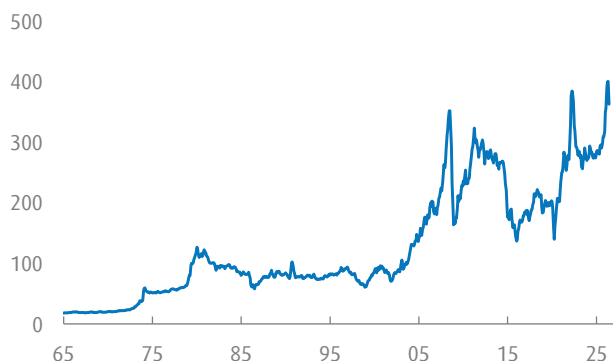
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Lumber data provided by  
Madison's Lumber Reporter

### All-Commodity Index

Nominal US\$-Terms

(2003 = 100)

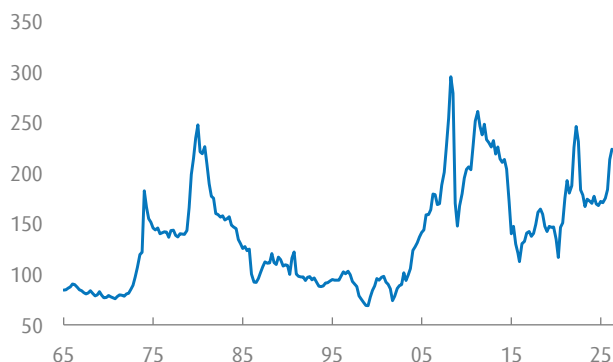


Source: BMO Economics

### All-Commodity Index

Real US\$-Terms

(2003 = 100)



Source: BMO Economics

### All-Commodity Index

Nominal

(2003 = 100)



Source: BMO Economics

### Technical Note

The BMO Capital Markets Commodity Price Index is a fixed-weight, export-based index that encompasses the price movement of 20 commodities key to Canadian exports. Weights are each commodity's average share of the total value of exports of the 20 commodities during the period 2012-21. Similarly, weights of sub-index components reflect the relative importance of commodities within their respective product group.

**The all-commodities index and sub-indices consist of the following:**

(percent)	Weight in All-Commodities Index	Weight in Sub-Index
<b>Metals &amp; Minerals</b>	33.7	100.0
Gold	9.9	29.5
Silver	0.9	2.8
Aluminum	6.3	18.7
Copper	2.3	6.7
Nickel	2.6	7.6
Zinc	0.9	2.8
Iron Ore	3.0	9.0
Metallurgical Coal	3.2	9.6
Uranium	1.1	3.2
Potash	3.4	10.1
<b>Oil and Gas</b>	49.7	100.0
Crude Oil	43.8	88.3
Cdn. Natural Gas	5.8	11.7
<b>Forest Products</b>	6.8	100.0
Lumber	5.5	81.7
OSB	1.2	18.3
<b>Agricultural Products</b>	9.9	100.0
Wheat	4.1	41.7
Canola	3.1	31.6
Corn	0.2	2.4
Soybeans	1.4	14.0
Hogs	0.3	2.6
Beef Cattle	0.8	7.8
<b>All Commodities</b>	100.0	—

Source: BMO Economics

Unless otherwise specified, all indices reported in this publication correspond to prices in U.S. dollars.

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