

S.No.	Province	Capital	Region	Area (km2)	Population (2007 census)	Population (2017 census)
1	Cabo Delgado	Pemba	North	86,625	1,606,568	2,333,278
2	Gaza	Xai-Xai	South	75,709	1,228,514	1,446,654
3	Inhambane	Inhambane	South	68,615	1,271,818	1,496,824
4	Manica	Chimoio	Central	61,661	1,412,248	1,911,237
5	Maputo City	-	South	347	1,094,628	1,101,170
6	Maputo	Matola	South	26,011	1,205,709	2,507,098
7	Nampula	Nampula	North	81,606	3,985,613	6,102,867
8	Niassa	Lichinga	North	129,056	1,170,783	1,865,976
9	Sofala	Beira	Central	68,018	1,642,920	2,221,803
10	Tete	Tete	Central	100,724	1,783,967	2,764,169
11	Zambezia	Quelimane	North	105,008	3,849,455	5,110,787

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