Since the openness and reform of Chinese economy, FDI has sharply increased in China. It has generated great impact on Chinese trade flows, especially on widening the scale of trade and optimizing the structure of international business. This essay reviews the development and changing track of FDI and Chinese international business. Based on introduction above, we discuss the impact of FDI on Chinese international trade flows by analyzing the growth rate of Chinese international trade, the structure of trade and the benefit of it.