

Table 1: Food item cost per gram of protein comparison

Food Item	Price	Weight or Volume	Protein content per 100g or litres	Cents per gram of protein
Dozen, free range eggs, mixed grade	8.90	636 grams	12.8	10.93
Dozen, cage eggs, size 7	6.30	648 grams	12.8	7.60
Dozen, Barn eggs, Size 7	7.20	648 grams	12.8	8.68
Dozen, free range eggs, size 6	7.70	636 grams	12.7	9.53
Cheese block, mild	14.50	1,000 grams	24.4	5.94
Milk, homogenised	3.91	2,000 mls	3.4	5.75
Tofu, Organic	4.99	300 grams	17	9.78
Cottage cheese	7.20	500 grams	12.4	11.61
Lamb Chops, shoulder	22.50	1,000 grams	20	11.25
Chicken, breast, skinless & boneless	15.00	1,000 grams	22.9	6.55
Chicken Thighs, skinless & boneless	23.50	1,000 grams	22.9	10.26
Beef mince	16.50	1,000 grams	23	7.17
Beef steak, rump	27.50	1,000 grams	26.6	10.34
Beef Steak, scotch fillet, rib eye	40.50	1,000 grams	28.9	14.01
Pork Shoulder, Boneless, Roast	21.00	1,000 grams	21.5	9.77
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	11.9	16.63
Scallops, Crumb Bites	13.00	375 grams	16.8	20.63

All prices do not include sale items or items reduced to clear.

All listed food items were selected on the lowest price. Sourced on 7 December 2022 from Countdown Online Shop: <http://shop.countdown.co.nz/>