

Food item cost per gram of protein comparison – 7 June 2023

Food Item	Price	Weight or Volume	Protein content per 100g or mls	Cents per gram of protein
Dozen, free range eggs, mixed grade	10.90	582 grams	12.8	14.63
Dozen, Colony eggs, Size 6	7.10	636 grams	12.8	8.72
Dozen, Cage Free/Barn eggs, Size 6	9.50	636 grams	12.7	11.76
Dozen, free range eggs, size 6 SIZE <i>out of stock</i> - size7 used	11.50	744 grams	12.8	12.08
Cheese block, mild	11.90	1,000 grams	24.4	4.88
Milk, homogenised	4.50	2,000 mls	4	5.63
Tofu, Organic	8.00	250 grams	17.4	18.39
Cottage cheese	7.20	500 grams	12.4	11.61
Lamb Chops, shoulder	20.90	1,000 grams	19.8	10.56
Chicken, breast, skinless & boneless	15.50	1,000 grams	22.9	6.77
Chicken Thighs, skinless & boneless	24.50	1,000 grams	22.9	10.70
Beef mince	16.90	1,000 grams	23	7.35
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	21.50	1,000 grams	21.5	10.00
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	12.4	15.96
Scallops, Crumb Bites	13.00	375 grams	16.8	20.63
Fresh NZ Salmon	53.00	1,000 grams	22.5	23.56

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 June 2023 from Countdown Online Shop: <http://shop.countdown.co.nz/>

