

## Food Item Cost Per Gram of Protein Comparison –2 September 2024

<i>Food Item</i>	<i>Price \$</i>	<i>Weight or Volume</i>	<i>Protein content per 100g or litres</i>	<i>Cents per gram of protein</i>
Dozen, free range eggs, mixed grade	10.00	582 grams	12.8	13.42
Dozen, Colony eggs, Size 6 – none available		636 grams	12.8	0.00
Dozen, Cage Free/Barn eggs, Size 6	10.00	636 grams	12.8	12.28
Dozen, free range eggs, Size 6 out of stock – Size 7 used	11.50	744 grams	12.8	12.08
Cheese block, mild	10.90	1,000 grams	24.4	4.47
Milk, homogenised	5.04	2,000 mls	3.5	7.20
Tofu, Organic	5.50	300 grams	12	18.33
Cottage cheese	6.99	500 grams	12.4	11.27
Lamb Chops, shoulder	16.95	1,000 grams	16	10.59
Chicken, breast, skinless & boneless	15.00	1,000 grams	22.9	6.55
Chicken Thighs, skinless & boneless	24.90	1,000 grams	22.9	10.87
Beef mince	17.90	1,000 grams	23	7.78
Beef steak, rump	26.90	1,000 grams	26.6	10.11
Beef Steak, scotch fillet, rib eye	41.90	1,000 grams	28.9	14.50
Pork Shoulder, Boneless, Roast	24.99	1,000 grams	21.5	11.62
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	12.4	15.96
Scallops, Crumb Bites	11.00	375 grams	16.8	17.46
Fresh NZ Salmon	55.90	1,000 grams	20.4	27.40

All prices do not include sales items, items reduced to clear, or membership discounts.

All listed food items were selected on the lowest price.

Sourced on 2 September 2024 from Countdown Online Shop: <http://shop.countdown.co.nz/>