

March 2025

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	582 grams	12.80	11.95
Dozen, Colony eggs, Size 6 <i>out of stock - No Colony</i>		636 grams	12.80	0.00
Dozen, Cage Free/Barn eggs, Size 6	10.00	636 grams	12.80	12.28
Dozen, free range eggs, Size 6 - size 7 used	10.80	744 grams	12.80	11.34
Cheese block, mild	12.70	1,000 grams	24.40	5.20
Milk, homogenised	4.43	2,000 mls	3.50	6.33
Tofu, Organic	6.09	300 grams	12.00	20.30
Cottage cheese	7.00	500 grams	12.00	11.67
Lamb Chops, shoulder	18.45	1,000 grams	19.80	9.32
Chicken, breast, skinless & boneless	14.79	1,000 grams	22.90	6.46
Chicken Thighs, skinless & boneless	21.90	1,000 grams	22.90	9.56
Beef mince	17.90	1,000 grams	23.00	7.78
Beef steak, rump	23.90	1,000 grams	26.60	8.98
Beef Steak, scotch fillet, rib eye	42.90	1,000 grams	28.90	14.84
Pork Shoulder, Boneless, Roast	24.99	1,000 grams	21.50	11.62
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	12.40	15.96
Scallops, Crumb Bites	10.99	375 grams	16.80	17.44
Fresh NZ Salmon	55.90	1,000 grams	20.40	27.40

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

All listed food items were selected on the lowest price. Sourced on 19 March 2025 - from Countdown Online Shop:

<http://shop.countdown.co.nz/>