

**Table 1: Food item cost per gram of protein comparison**

<b>Food Item</b>	<b>Price</b>	<b>Weight or Volume</b>	<b>Protein content per 100g or litres</b>	<b>Cents per gram of protein</b>
Dozen, free range eggs, mixed grade	8.50	636 grams	13	10.2
Dozen, cage eggs, size 6	4.50	636 grams	13	5.4
Dozen, Barn eggs, Size 6	6.00	636 grams	13	7.2
10 pack, free range eggs, size 6	6.00	530 grams	13	8.7
Cheese block, mild	10.60	1,000 grams	24.9	4.2
Milk, homogenised	4.75	2000 mls	32	7.4
Tofu	4.89	300 grams	17	9.5
Cottage cheese	6.00	500 grams	13.7	8.7
Lamb Chops, shoulder	18.99	1,000 grams	20	9.4
Chicken, breast, skinless & boneless	13.00	1,000 grams	22.9	5.6
Chicken Thighs, skinless & boneless	21.30	1,000 grams	22.9	9.3
Beef mince	8.50	500 grams	23.9	7.1
Beef steak, rump	13.99	250 grams	26.6	21.0
Beef Steak, scotch fillet	20.00	360 grams	28.9	19.2
Pork Roast, Scotch, frozen pack	17.90	1,000 grams	21.5	8.3
Fish Fillets, thawed Tarakihi	31.00	1,000 grams	24.4	12.7
Scallops	13.99	300 grams	16.8	27.7

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

*All listed food items were selected on the lowest price. Sourced on 21 September 2021 from Countdown Online Shop: <http://shop.countdown.co.nz/>*