

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	7.00	582 grams	13	9.25
Dozen, cage eggs, size 6	4.80	636 grams	13	5.81
Dozen, Barn eggs, Size 6	5.50	636 grams	13	6.65
Dozen, free range eggs, size 6	6.00	636 grams	13	7.26
Cheese block, mild	11.80	1,000 grams	24.9	4.74
Milk, homogenised	4.85	2,000 mls	3.4	7.13
Tofu	4.99	300 grams	17	9.78
Cottage cheese	6.30	500 grams	13.7	9.20
Lamb Chops, shoulder	20.20	1,000 grams	20	10.10
Chicken, breast, skinless & boneless	14.00	1,000 grams	22.9	6.11
Chicken Thighs, skinless & boneless	22.00	1,000 grams	22.9	9.61
Beef mince	9.20	500 grams	23.9	7.70
Beef steak, rump	26.50	1,000 grams	26.6	9.96
Beef Steak, scotch fillet	38.90	1,000 grams	28.9	13.46
Pork Roast, Scotch, frozen pack	17.90	1,000 grams	21.5	8.33
Fish Fillets, Hoki Classic Crumbed	8.00	480 grams	24.4	6.83
Scallops, Crumb Bites	12.00	375 grams	16.8	19.05

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

All listed food items were selected on the lowest price. Sourced on 15 March 2022 from Countdown Online Shop: <http://shop.countdown.co.nz/>