

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, cage eggs, mixed grade	\$3.50	582 grams	13	4.6
Dozen, current cage eggs, size 6	\$4.30	636 grams	13	5.2
Dozen free range eggs, mixed grade	\$7.50	582 grams	13	9.9
Dozen, Barn eggs, Size 6	\$5.50	636 grams	13	6.6
Ten Pack, Colony, eggs	\$4.00	582 grams	13	5.3
Cheese Block, mild	\$9.50	1,000 grams	24.9	3.8
Cottage cheese	\$6.20	500 grams	13.7	9.1
Milk, homogenised	\$4.58	2 litres	32	7.2
Tofu	\$4.89	300 grams	17	9.6
Chicken, breast, skinless & boneless	\$14.50	1,000 grams	22.9	6.3
Chicken Thighs, skinless & boneless	\$21.00	1,000 grams	22.9	9.1
Lamb Chops, shoulder	\$20.00	1,000 grams	16	12.5
Beef mince, premium	\$9.50	350 grams	23.9	11.3
Beef steak, rump	\$25.50	1,000 grams	26.6	9.5
Beef Steak, scotch fillet	\$52.00	1,000 grams	28.9	17.9
Pork Chop, Shoulder BBQ	\$19.50	1,000 grams	21.5	9.1
Fish Fillets, fresh Tarakihi	\$33.00	1,000 grams	24.4	13.5
Fresh NZ Salmon Fillets	\$44.00	1,000 grams	22.5	19.5

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

All listed food items were selected on the lowest price. Sourced on 18 March 2020 from Countdown Online Shop: <http://shop.countdown.co.nz/>