

**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
<b>Dozen, cage eggs, mixed grade</b>	<b>\$4.00</b>	<b>582 grams</b>	<b>13</b>	<b>5.2</b>
<b>Dozen, current cage eggs, size 6</b>	<b>\$4.50</b>	<b>636 grams</b>	<b>13</b>	<b>5.4</b>
<b>Dozen, colony, eggs</b>	<b>\$4.30</b>	<b>636 grams</b>	<b>13</b>	<b>5.6</b>
<b>Dozen, barn eggs, Size 6</b>	<b>\$4.80</b>	<b>636 grams</b>	<b>13</b>	<b>5.4</b>
<b>Dozen, free range, eggs, Size 6</b>	<b>\$6.00</b>	<b>636 grams</b>	<b>13</b>	<b>7.2</b>
Cheese Block, mild	\$10.00	1,000 grams	24.9	4.0
Milk, homogenised	\$4.54	2000mls	32	7.0
Tofu	\$4.89	300 grams	17	9.5
Cottage cheese	\$5.80	500 grams	13.7	8.4
Lamb Chops, shoulder	\$18.99	1,000 grams	26.2	12.2
Chicken, breast, skinless & boneless	\$13.00	1,000 grams	22.9	5.6
Chicken Thighs, skinless & boneless	\$21.00	1,000 grams	22.9	9.1
Beef mince, premium	\$12.00	500 grams	23.9	5.0
Beef steak, rump	\$13.99	250 grams	26.6	5.2
Beef Steak, scotch fillet	\$37.00	1,000 grams	28.9	12.8
Pork, Loin chop	\$18.90	1,000 grams	21.5	8.7
Pork Chop, Shoulder BBQ	\$19.50	1,000 grams	21.5	9.0
Fish Fillets, fresh Tarakihi	\$33.00	1,000 grams	24.4	13.5
Fresh NZ Salmon Fillets	\$34.00	1,000 grams	22.5	15.1
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 15 March 2021 from Countdown Online Shop: <http://shop.countdown.co.nz/>*

