

Food item cost per gram of protein comparison
12 December 2023

Food Item	Price \$	Weight or Volume	Protein content per 100g or litres	Cents per gram of protein
Dozen, free range eggs, mixed grade	10.90	582 grams	12.8	14.63 cents
Dozen, Colony eggs, Size 6	8.39	636 grams	12.8	10.31 cents
Dozen, Cage Free/Barn eggs, Size 6	10.00	636 grams	12.8	12.28 cents
Dozen, free range eggs, size 6 SIZE out of stock - size7 used	11.50	744 grams	12.8	12.08 cents
Cheese block, mild	11.29	1,000 grams	24.4	4.63 cents
Milk, homogenised	4.87	2,000 mls	3.5	6.96 cents
Tofu, Organic	7.49	250 grams	17.4	17.22 cents
Cottage cheese	6.99	500 grams	12.4	11.27 cents
Lamb Chops, shoulder	20.50	1,000 grams	19.8	10.35 cents
Chicken, breast, skinless & boneless	15.50	1,000 grams	22.9	6.77 cents
Chicken Thighs, skinless & boneless	24.50	1,000 grams	22.9	10.70 cents
Beef mince	14.90	1,000 grams	23.00	6.48 cents
Beef steak, rump	23.95	1,000 grams	26.6	9.00 cents
Beef Steak, scotch fillet, rib eye	39.85	1,000 grams	28.9	13.79 cents
Pork Shoulder, Boneless, Roast	21.50	1,000 grams	21.5	10.00 cents
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	12.4	15.96 cents
Scallops, Crumb Bites	12.00	375 grams	16.8	19.05 cents
Fresh NZ Salmon	51.90	1,000 grams	20.4	25.44 cents

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

All listed food items were selected on the lowest price. Sourced on 12 December 2023 from Countdown Online Shop: <http://shop.countdown.co.nz>