

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	11.00	636 grams	12.8	13.51
Dozen, Colony eggs, size 6 OUT OF STOCK				
Dozen, Cage Free / Barn eggs, Size 6 OUT OF STOCK				
Dozen, free range eggs, size 6 OUT OF STOCK / Size 7 used	12.40	744 grams	12.7	13.12
Cheese block, mild	14.50	1,000 grams	24.4	5.94
Milk, homogenised	3.88	2,000 mls	3.4	5.70
Tofu, Organic	6.00	300 grams	12	16.66
Cottage cheese	7.20	500 grams	12.4	11.61
Lamb Chops, shoulder OUT OF STOCK				
Chicken, breast, skinless & boneless OUT OF STOCK				
Chicken Breast fillets, skinless	8.00	450 grams	22.30	7.97
Chicken Thighs, skinless & boneless	24.50	1,000 grams	22.9	10.69
Beef mince	16.50	1,000 grams	23	7.17
Beef steak, rump	27.50	1,000 grams	26.6	10.34
Beef Steak, scotch fillet, rib eye	40.50	1,000 grams	28.9	14.01
Pork Shoulder, Boneless, Roast	21.50	1,000 grams	21.5	10.00
Fish Fillets, Hoki Classic Crumbed	9.50	480 grams	12.4	15.96
Scallops, Crumb Bites	13.00	375 grams	16.8	20.63

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

All listed food items were selected on the lowest price. Sourced on 27 March 2023 from Countdown Online Shop: <http://shop.countdown.co.nz/>

