

Mar-26

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	10.95	582 grams	12.8	14.70
Dozen, Colony Cage eggs, Size 6 - out of stock no Colony Cage		636 grams	12.8	0.00
Dozen, Cage Free/Barn eggs, Size 6	9.45	636 grams	12.8	11.61
Dozen, free range eggs, Size 6 - size 7 used	11.95	744 grams	12.8	12.55
Cheese block, mild	13.29	1,000 grams	24.4	5.45
Milk, homogenised	4.55	2,000 mls	3.3	6.89
Tofu, Organic	6.09	300 grams	12	20.30
Cottage cheese	8.2	500 grams	12.4	13.23
Lamb Chops, shoulder	23.95	1,000 grams	19.8	12.10
Chicken, breast, skinless & boneless	15.4	1,000 grams	22.9	6.72
Chicken Thighs, skinless & boneless	25.99	1,000 grams	22.9	11.35
Beef mince	21.9	1,000 grams	23	9.52
Beef steak, rump	35.9	1,000 grams	26.6	13.50
Beef Steak, scotch fillet, rib eye	55.5	1,000 grams	28.9	19.20
Pork Shoulder and leg, Boneless, Roast - <i>Bone in</i>	12.95	1,000 grams	21.5	6.02
Fish Fillets, Hoki Classic Crumbed	9.5	425 grams	12.4	15.96
Scallops, Raw	16.99	300grams	11.6	39.06
Fresh NZ Salmon	58.9	1,000 grams	17.5	33.66

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

All listed food items were selected on the lowest price. Sourced on 3 March 2026 - from Countdown Online Shop: <http://shop.countdown.co.nz/>