

Food Item Cost Per Gram of Protein Comparison – 5 June 2024

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
Dozen, Colony eggs, Size 6 – none available				
Dozen, Cage Free/Barn eggs, Size 6	\$10.00	636 grams	12.8	12.28
Dozen, free range eggs, size 6 SIZE out of stock - size7 used	\$11.50	744 grams	12.8	12.08
Cheese block, mild	\$11.29	1,000 grams	24.4	4.63
Milk, homogenised	\$4.99	2,000 mls	3.5	7.13
Tofu, Organic	\$5.50	300 grams	12	18.33
Cottage cheese	\$6.99	500 grams	12.4	11.27
Lamb Chops, shoulder	\$16.95	1,000 grams	16	10.59
Chicken, breast, skinless & boneless	\$15.50	1,000 grams	22.9	6.77
Chicken Thighs, skinless & boneless	\$17.99	1,000 grams	22.9	7.86
Beef mince	\$16.90	1,000 grams	23	7.35
Beef steak, rump	\$24.20	1,000 grams	26.6	9.10
Beef Steak, scotch fillet, rib eye	\$39.20	1,000 grams	28.9	13.56
Pork Shoulder, Boneless, Roast	\$24.99	1,000 grams	21.5	11.62
Fish Fillets, Hoki Classic Crumbed	\$9.50	480 grams	12.4	15.96
Scallops, Crumb Bites	\$12.00	375 grams	16.8	19.05
Fresh NZ Salmon	\$54.00	1,000 grams	20.4	26.47

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

All listed food items were selected on the lowest price.

Sourced on 5 June 2024 from Countdown Online Shop: <http://shop.countdown.co.nz/>