

# Shopping lists compared

## EAT-Lancet

## Standard basket

	Amount (g)	\$		Amount (g)	\$
<i>Wholegrains (1624g)</i>			<i>Wholegrains (2780g)</i>		
Brown rice	300	0.51	White rice	330	0.56
Wholegrain bread	740	3.16	Wholegrain bread	1300	5.55
Rolled oats	150	0.40	Rolled oats	300	0.80
Weet-Bix	99	0.72	Weet-Bix	190	1.39
Wholegrain crackers	100	1.12	Pasta	330	0.59
Couscous	85	0.40	Couscous	170	0.79
Quinoa	150	2.66	Quinoa	160	2.84
<i>Tubers (350g)</i>			<i>Tubers (1100g)</i>		
Potato	215	0.54	Potato	825	2.05
Kumara	135	0.67	Kumara	275	1.37
<i>Vegetables (2100g)</i>			<i>Vegetables (1800g)</i>		
Broccoli	300	2.03	Broccoli	257	1.74
Cauliflower	300	1.25	Cauliflower	257	1.07
Carrots	300	0.57	Carrots	257	0.49
Peas	300	0.90	Peas	257	0.77
Cabbage	300	0.70	Cabbage	257	0.60
Onions	300	0.75	Onions	257	0.64
Mushrooms	300	3.30	Mushrooms	257	2.82
<i>Fruit (1400g)</i>			<i>Fruit (1200g)</i>		
Apples	430	1.50	Apples	380	1.33
Oranges	300	0.84	Oranges	300	0.84
Bananas	222	0.60	Bananas	222	0.60
Pears	300	1.19	Pears	150	0.60
Kiwifruit	148	0.44	Kiwifruit	148	0.44
<i>Dairy products (1750g)</i>			<i>Dairy products (2310g)</i>		
Milk	1330	2.27	Milk	1650	2.81
Cheese	120	1.25	Cheese	210	2.18
Yoghurt	300	1.14	Yoghurt	450	1.71
<i>Meat &amp; poultry (410g)</i>			<i>Meat &amp; poultry (1007g)</i>		
Beef	25	0.52	Beef	87	1.83
Lamb	25	0.77	Lamb	87	2.70
Pork	49	0.88	Pork	87	1.57
Chicken	203	1.82	Chicken	530	4.76
Eggs	2 eggs	1.13	Eggs	4 eggs	2.26
<i>Seafood (196g)</i>			<i>Seafood (350g)</i>		
Hoki	100	1.40	Hoki	100	1.40
Tarakihi	96	3.44	Canned tuna	150	1.86
			Tarakihi	100	3.58
<i>Legumes (525g)</i>			<i>Legumes (350g)</i>		
Chickpeas	160	0.82	Chickpeas	100	0.51
Lentils	205	0.87	Lentils	150	0.63
Kidney beans	160	0.82	Kidney beans	100	0.51
<i>Nuts (350g)</i>					
Almonds	88	2.46			
Bulk nuts	89	4.09			
Peanuts	175	1.73			
<i>Unsaturated oils (280g)</i>			<i>Unsaturated oils (455g)</i>		
Olive oil	105	1.05	Olive oil	175	1.75
Canola oil	105	0.26	Canola oil	175	0.43
Table spread	70	0.53	Table spread	105	0.80
<i>Saturated oil (83g)</i>			<i>Saturated oil (105g)</i>		
Butter	83	1.13	Butter	105	1.43
<i>Added sugars</i>			<i>Added sugars</i>		
Sugar	217	0.37	Sugar	210	0.36
<b>TOTAL</b>		<b>\$52.96</b>	<b>TOTAL</b>		<b>\$60.93</b>

GUIDE **Amount (g)** based on EAT Lancet Commission recommendations and University of Otago Cost of Living Survey 2018. **\$** based on a supermarket price survey the week beginning 9 September 2019.