



NATIONAL BUREAU OF STATISTICS



COST OF A HEALTHY DIET

(NOVEMBER 2024)



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INTRODUCTION

HIGHLIGHTS

- ◆ The Cost of a Healthy Diet (CoHD) is the least expensive combination of locally available items that meets globally consistent food-based dietary guidelines. It is used as a measure of physical and economic access to healthy diets. This is a lower bound (or floor) of the cost per adult per day excluding the cost of transportation and meal preparation.
- ◆ The National average Cost of a Healthy Diet was N1,451 in November 2024. This shows an increase of 5.8% when compared to the amount recorded in the previous month (October 2024, was N1,371).
- ◆ In November 2024, the average CoHD was highest in the South West at N1,718 per adult per day, compared to N1,293 per adult per day in North West.
- ◆ In recent months, the CoHD has risen faster than general inflation and food inflation. However, the CoHD and the food CPI are not directly comparable; the CoHD includes fewer items and is measured in Naira per day, while the food CPI is a weighted index.

Food environments determine a household's physical and economic access to sufficient, safe, and nutritious food for an active and healthy life. A suite of indicators known as the Cost and Affordability of a Healthy Diet (CoAHD) have been developed to improve the measurement of food access and are now monitored globally by the United Nations and the World Bank as a metric of food security. The Cost of a Healthy Diet (CoHD) metric uses the availability, price, and nutritional composition of retail food items to identify the **least expensive** combination of items that meet requirements for a healthy diet. To compute the Cost of a Healthy Diet indicator, the following data are required: (a) Retail Food Prices, (b) Food Composition Data, and (c) Healthy Diet Standard.

Retail Food Prices

The retail food price data used in this analysis is collected by the National Bureau of Statistics (NBS) monthly from 10,534 informants spread across the country, from urban and rural outlets in each State and FCT. NBS collects these prices routinely for monitoring inflation, including prices of over 200 retail food items. Nearly 150 of these food items are potentially included in a healthy diet and the price data for these items are used for the computation of the CoHD.

Healthy Diet Standard

In Nigeria, CoHD is the minimum cost of foods needed to meet international recommendations defined in the Healthy Diet Basket (HDB), a globally relevant set of criteria that captures similarities across most national Food-Based Dietary Guidelines (FBDG) (Table 1). The HDB was created as a comparable standard to calculate and compare the cost and affordability of healthy diets across countries; the HDB is most relevant for countries where there is not yet a quantified national FBDG, like Nigeria.

Table 1. Description of the Healthy Diet Basket (HDB)

Food Group	Number of food items selected	Energy content (kilocalories)	Share of total calories (%)	Typical weights of example foods (g)
Starchy Staples	2	1,160	50	322 g dry rice
Oils and Fats	1	300	13	34 g oil
Fruits	2	160	7	230-300 g
Vegetables	3	110	5	270-400 g
Legumes Nuts and Seeds	1	300	13	85 g dry bean
Animal Source Foods	2	300	13	210 g egg
Total	11	2,330	100	

Average Cost of a Healthy Diet (National, State & Zonal Levels)

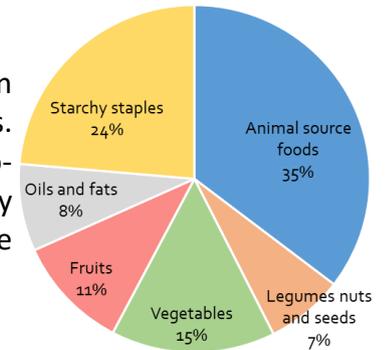
The National average Cost of a Healthy Diet was N1,451 per adult per day in November 2024. At the State level Osun, Oyo and Ogun States recorded the highest cost with N1,811, N1,749, and N1,730 respectively. Adamawa, Kaduna and Taraba accounted for the lowest costs with N1,146, N1,205 and N1,218 respectively.

At the Zonal level, the average CoHD was highest in the South West Zone at N1,718 per day, followed by South-South Zone with N1,560 per day. The lowest average Cost of a Healthy diet was recorded in North West Zone with N1,293 per day. *(Please see Appendix for full graphic representation)*

Cost Share by Food Group

Animal Source foods were the most expensive food group recommendation to meet in November, accounting for 35% of the total CoHD to provide 13% of the total calories. Fruits and vegetables were the most expensive food groups in terms of price per calorie; they accounted for 11% and 15%, respectively, of total CoHD while providing only 7% and 5% of total calories in the Healthy Diet Basket. Legumes, Nuts and Seeds were the least-expensive food group on average, at 7% of the total cost.

Figure 3 - Cost Share by Food Group



Trends in the Cost of a Healthy Diet

The Cost of Healthy Diet (CoHD) has been steadily rising over the past one year (year on year). The CoHD was 95% higher than it was in November 2023 from N742 to N1,451 in November 2024. The main drivers of this increase are Legumes, nuts and Seeds, Vegetables and Starchy Staples. The cost increased by 5.8% on a month-on-month basis compared to October 2024 (N1,371). Primarily driven by higher prices for Oils and Fats.

Table 2. Changes in the Cost of Healthy Diet Over Time

Food Group	Year-on-Year	Month-on-Month
Animal source foods	80%	1.4%
Legumes nuts and seeds	134%	12.8%
Vegetables	124%	11.6%
Fruits	80%	3.3%
Oils and fats	76%	16.9%
Starchy staples	112%	5.0%
Total	95%	5.8%

General and Food Inflation Relative to the Cost of a Healthy Diet

The Consumer Price Index (CPI) is a measure of inflation, the average change over time in the prices of goods and services consumed by people for day-to-day living, while the Food index is a subset of the CPI which reflects changes in prices that households pay for food. CPI records the development of market prices of agricultural commodities and foodstuffs. Figure 4a *(Please see Appendix)* compares the general CPI and the Food CPI (indices with 2009 as the base year) with the nominal Naira value of the Cost of a Healthy Diet, to understand whether the least-cost items needed for a healthy diet are rising in cost at a rate like that of the rest of the goods and services in Nigeria. Food prices and the Cost of a Healthy Diet are both expected to rise over time; here we focus on the relative rate of that inflation.

The Food CPI includes a larger number of items, and more packaged and value-added items than the Cost of a Healthy Diet, as least-cost items are often unprocessed.

Least-Cost Diets and Frequently Selected Least-Cost Items

Table 3, (*Please see Appendix*) showcases the most and least expensive places to find a healthy diet in November 2024. Osun (Rural) topped the chart with the highest Cost of a Healthy (CoHD) at N1,822 per adult per day. Conversely, Adamawa (Rural) offered most affordable option at N1,105 for CoHD. Interestingly, some of the least-cost food items remained consistent across both locations. These included Palm oil, Dried Okra, and Crayfish (small white). However, price variations between these locations resulted in different costs per item. Also, some unique least-cost options emerged. For instance, Osun (Rural) favoured Maize grain white as the most affordable Starchy Staples, whereas Adamawa (Rural) opted for Guinea Corn (Sorghum) flour sold loose.

Finally, Table 4 (*Please see Appendix*) shows frequently selected least-cost items in each food group across all State-sector combinations. This table demonstrates that some items are commonly the least-cost across different locations. For example, in the Oils and Fats Food group, Palm Oil was the least expensive item in 80% of State-Sectors, and Groundnuts (shelled) was the least-expensive item in the Legumes, Nuts and Seeds Food Group in 47% of all the State-Sectors. Coconuts were selected as a least-cost item for the Fruits Food Group in 43% of State-Sectors.

National Versus Global Monitoring of Cost of a Healthy Diet

There is also global monitoring of the Cost of a Healthy Diet across countries. Since 2020, the State of Food Insecurity and Nutrition in the World (SOFI) report, has reported on the Cost of a Healthy Diet for many countries, including Nigeria. SOFI is jointly published by the Food and Agriculture Organization of the United Nations, International Fund for Agricultural Development, United Nations Children’s Fund, World Food Program and World Health Organization. The Cost of a Healthy Diet reported by NBS and that reported by SOFI use the same methods, but there are three main differences – *the food price data used, conversion rates, and reporting period*.

NBS uses monthly food prices collected from over 10,000 outlets, across urban and rural areas in each state and the FCT, to calculate an average national Cost of a Healthy Diet. Food prices collected include the prices of many locally consumed food items that are not common internationally. NBS reports the findings with only one month lag (i.e. the December 2024 Cost of Health Diet report uses November 2024 data). The NBS Cost of a Healthy Diet is reported in Naira and no currency conversion is done.

For the global monitoring of the Cost of a Healthy Diet published in SOFI, retail food prices from the World Bank’s International Comparison Program (ICP) dataset, which is the only global dataset of retail prices, are used. The ICP dataset is compiled every five years, and it includes one national average price for each food item. The ICP food list is designed for comparability across countries and so includes foods that are available across many countries. This means that many low-cost food items that are commonly consumed in Nigeria are not included in the ICP food list and can therefore not be considered in the calculation of Cost of a Healthy Diet for SOFI.

The food list in the ICP is collected for several reasons, including to calculate Purchasing Power Parity (PPP), which is used to compare the relative value of global currencies based on the cost of a standard set of goods and services. The Cost of a Healthy Diet in the SOFI report is thus reported using PPP dollars. Regarding the reporting period, the 2024 SOFI used 2021 ICP retail food prices and a standard adjustment for inflation was applied to estimate the price in 2022 as reported in the SOFI report.

POLICY IMPLICATIONS

The Cost of a Healthy Diet provides important information about food access, a key aspect of food security, which is useful for government, civil society and development partners, private sector, and researchers.

For instance, where the Cost of a Healthy Diet is high, it is possible to identify which least-cost items and food groups are driving the high cost. Stakeholders can identify supply challenges in specific foods or food groups to be addressed, for example with improved production, distribution, or market access.

The Cost of a Healthy Diet can also inform:

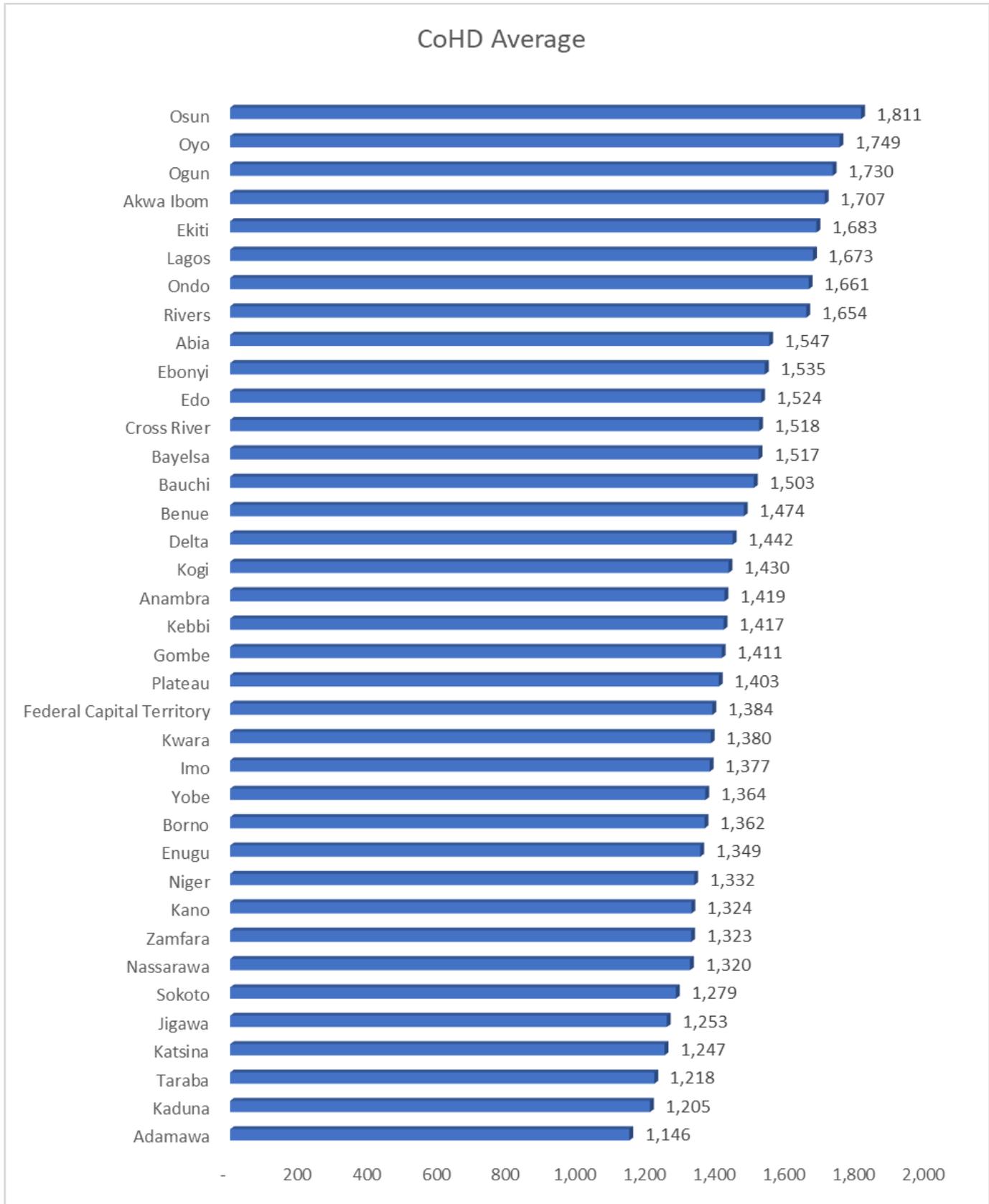
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations with the most potential to benefit; nutrition education is only effective when people can afford to comply with the recommendations.
- ◆ Research on the relationship between food access and other food system factors and outcomes.

These results can also foster collaboration among a wide range of stakeholders, such as policymakers, researchers and civil society actors that focus on food security, to devise strategies that tackle access, availability, and affordability of healthy diet effectively. Future research incorporating income can also be used to determine the proportion and number of the population that are unable to afford a healthy diet.

This bulletin was produced by the National Bureau of Statistics (NBS), Nigeria in collaboration with Global Alliance for Improved Nutrition (GAIN) and technically supported by the Food Prices for Nutrition project, led by the Friedman School of Nutrition Science and Policy at Tufts University, in partnership with International Food Policy Research Institute (IFPRI) and the World Bank. This bulletin aims to inform decision-makers from government agencies, UN agencies and NGOs to improve access to healthy diets. The bulletin is available online at <https://nigerianstat.gov.ng/elibrary>. Answers to frequently asked questions about the Cost of a Healthy Diet are also available online <https://nigerianstat.gov.ng/elibrary/read/1241452>.

APPENDIX

Figure 1. Average Cost of a Healthy Diet by State



APPENDIX

Figure 2. Zonal Average CoHD

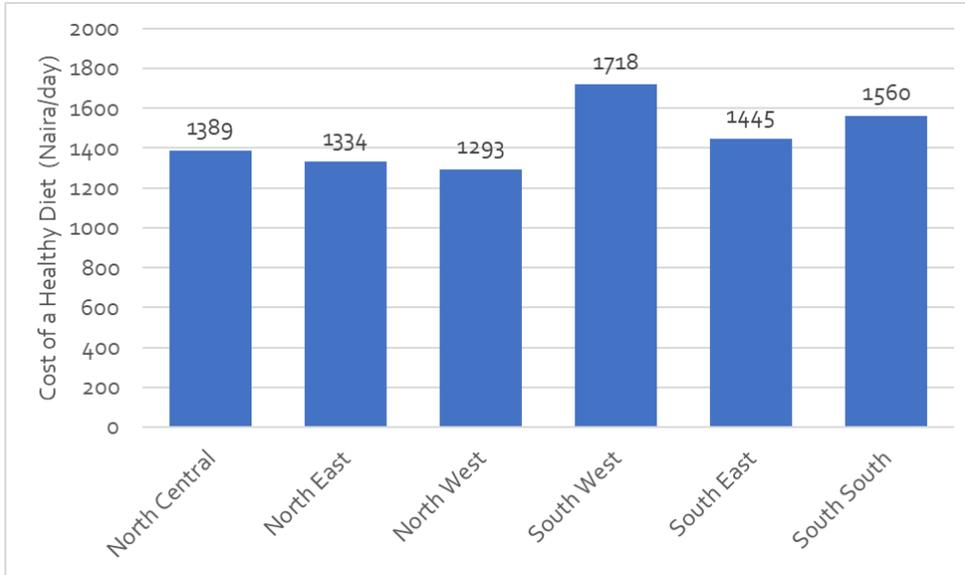


Figure 4a. National Average CoHD (Naira/day) and Consumer Price Indexes (2009=100)

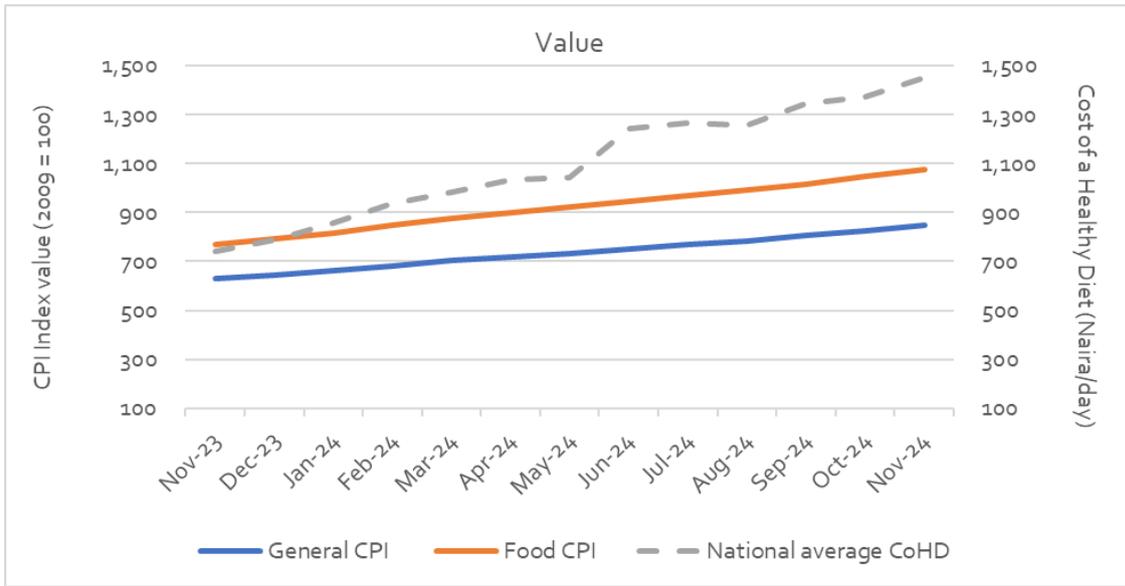
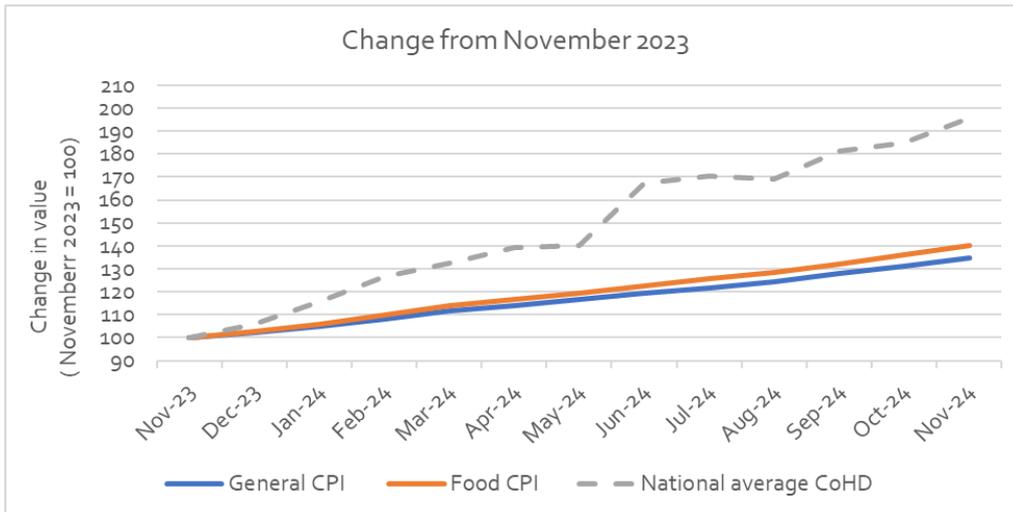


Figure 4b. National Average CoHD and Consumer Price Indexes (November 2023= 100)



APPENDIX

Table 3. States with Least and Most expensive cost of items

	Most expensive:		Least expensive:	
November 2024	Osun (Rural)		Adamawa (Rural)	
	Least-cost item	Cost (N)	Least-cost item	Cost (N)
Starchy staples	Guinea Corn (Sorghum)	174	Guinea Corn flour sold loose	151
	Maize Grains White	175	Maize flour Yellow Sold loose	116
Oils and fats	Palm Oil	116	Palm oil	150
Fruits	Date Palm Fruit (Debenu)	84	Pawpaw	93
	Coconut	64	Fruit (Guava)	45
Vegetables	Cucumber	131	Carrot	35
	Dried Okra	21	Kuka Dried	13
	Green leaf (tete)	189	Dried Okra	9
Legumes Nuts seeds	Melon (Shelled)	99	Groundnut (Shelled)	87
Animal source foods	Crayfish (small white)	359	Crayfish (small white)	210
	Agric Eggs (1 dozen)	409	Shrimps Red-dried	196
Total (CoHD)		1,822		1,105

Table 4. Top 3 most frequently selected least-cost items by Food Group

Food Group	Item Name	Selected as least-cost % of possible selection
Starchy staples	Millet Whole grain	25%
	Garri White	14%
	Cassva flour (sold loose)	12%
Oils and fats	Palm Oil	80%
	Margarine Blue Band	12%
	Vegetable Oil	4%
Fruits	Coconut	43%
	Date Palm fruit (Debenu)	30%
	Avocado Pear	22%
Vegetables	Bitter Leaf	27%
	Dried Okra	27%
	Kuka Dried	18%
Legumes nuts and seeds	Groundnut (shelled)	47%
	Melon (shelled)	28%
	Soya Beans	24%
Animal source foods	Crayfish (small white)	36%
	Shrimps Red-dried	10%
	Fresh Milk (Industrial)	9%

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