



NATIONAL BUREAU OF STATISTICS



Global Alliance for
Improved Nutrition

COST OF A HEALTHY DIET

(FEBRUARY 2025)

(FEBRUARY 2025)



Report Date: MARCH 2025

Data Sources: National Bureau of Statistics (NBS)

CONTENT

INTRODUCTION	2
Retail Food Prices.....	2
Healthy Diet Standard	2
RESULT	3
Average Cost of a Healthy Diet (National, State & Zonal Levels)	3
Cost Share by Food Group	3
Trends in the Cost of a Healthy Diet	3
General and Food Inflation Relative to the Cost of a Healthy Diet	3
Least-Cost Diets and Frequently Selected Least-Cost Items	4
POLICY IMPLICATIONS	5
APPENDIX	6
Figure:	
Figure 1. Cost Share by Food Group	3
Figure 2. Average Cost of a Healthy Diet by State	6
Figure 3. Zonal Average CoHD	7
Figure 4a. National average CoHD (Naira/day) and Consumer Price Indexes (2024=100)	7
Figure 4b. National average CoHD and Consumer Price Indexes (2024 = 100).....	7
Table:	
Table 1. Description of the Healthy Diet Basket	2
Table 2. Changes in the Cost of a Healthy Diet Over Time	3
Table 3. States with Least and Most expensive cost of items	8
Table 4. Top three (3) most frequently selected least-cost items by Food Group	8
Table 5. Top most frequently selected least-cost items by food group in some State	9
CONTACT.....	10

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.
- ◆ National Bureau of Statistics (NBS) recently rebased the Consumer Price Index (CPI), which is the source for the Cost of Healthy Diet (CoHD) basket. This rebasing replaced the previous 2009 reference period to align the CPI with the current economic landscape. The process involved updating the types of goods and services included, revising their weightings, adding new items to reflect evolving consumption patterns and removing obsolete items.
- ◆ The updated CPI now encompasses 934 product varieties categorized under the COICOP 2018 framework, with over 300 food varieties specifically used to calculate the CoHD. It's important to note that due to these changes in the basket, item specifications, and the addition of new items. The CoHD bulletin from January 2025 onwards cannot be compared with previous bulletins.
- ◆ The National average Cost of a Healthy Diet was N1,346 in February 2025. This shows an increase of 1.4% when compared to the amount recorded in previous month (January 2025 was N1,328).
- ◆ In February 2025, the average CoHD was highest in the South-East at N1,690 per adult per day, compared to N1,026 per adult per day in North-West.
- ◆ 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) a healthy diet standard.

Retail Food Prices

The National Bureau of Statistics (NBS) gathers retail food price data every month from 10,534 sources in both urban and rural areas across all Nigerian states. This data helps the NBS track **inflation** and includes prices for over 300 food items. These items are commonly part of a healthy diet, and their price data is used to calculate the Cost of a Healthy Diet (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 N1,346 per adult per day in February 2025. At the State level Bayelsa, Ekiti, and Imo States recorded the highest cost with N2,082, N1,891, and N1,883 respectively. Kaduna, Yobe, and Kano accounted for the lowest costs with N838, N905 and N927 respectively.

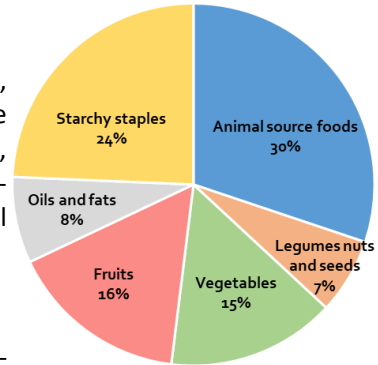
At the Zonal level, the average CoHD was highest in the South-East Zone at N1,690 per day, followed by South-South Zone with N1,604 per day. The lowest average Cost of a Healthy diet was recorded in North East Zone with N1,026 per day.

(Please see Appendix for full graphic representation)

Cost Share by Food Group

Animal source foods were the most expensive food group recommendations to meet in February, accounting for 30% 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 16% 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 1 - Cost Share by Food Group



Trends in the Cost of a Healthy Diet

The Cost of a Healthy Diet (CoHD) continued its upward trend in February 2025, rising by 1.4% month-on-month. This pushed the CoHD from N1,328 in January 2025 to N1,346 in February 2025. The key drivers of the increase are oils and fats, fruits, vegetables, animal source foods. Conversely, categories such as legumes, nuts, and seeds and starchy staples experienced slight price drop.

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

Food Group	Percent Change in CoHD Month-on-month
Starchy staples	-1%
Oils and fats	4%
Fruits	3%
Vegetables	2%
Legumes nuts and seeds	0%
Animal source foods	2%

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 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 2, *(Please see Appendix)* showcases the most and least expensive places to find a healthy diet in February 2025. Bayelsa rural topped the chart with the highest Cost of a Healthy Diet (CoHD) at N2,324 per adult per day. Conversely, Kaduna rural offered the most affordable option at N802 for CoHD. Interestingly, only millet whole grain remained consistent across both locations as the least-cost food items. However, price variations between these locations resulted in different costs per item. Also, some unique least-cost options emerged. For instance, Bayelsa rural basket included Agric hen eggs as the most affordable animal source food, whereas Kaduna rural included cheese (local-wara).

Table 3, *(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 starchy staples food group, maize grains white was the least expensive item in 24% of state-sectors, and soya beans was the least-expensive item in legume nut and seeds food group in 24% of all the state-sectors. Okra (Dried) and Tomatoes (Dried) were selected as the least-cost item in the vegetables food group in 22% of state-sectors.

Finally, Table 4 *(Please see Appendix)* offers a granular look at the most budget-friendly food choices consistently found across different Nigerian states, carefully chosen to represent each of the country's geopolitical zones. The analysis within this table illustrates that certain food items repeatedly stand out as the least expensive options, regardless of their geographical location. For instance, cassava flour, sold loose and maize grains (white) consistently proved to be the least expensive items within the starchy staples category in states like Rivers (South-South), Anambra (South-East), and Kano (North-West).

Similarly, within the fruit category, avocado pear was frequently identified as the least expensive option in Lagos, Anambra, Bauchi and Kano State. When it came to the legumes, nuts, and seeds food group, Lagos and the Federal Capital Territory commonly found groundnuts, shelled, to be the least expensive. However, in Kano State groundnuts, unshelled was selected within the same food group, highlighting some zonal variations in the most affordable choices.

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:

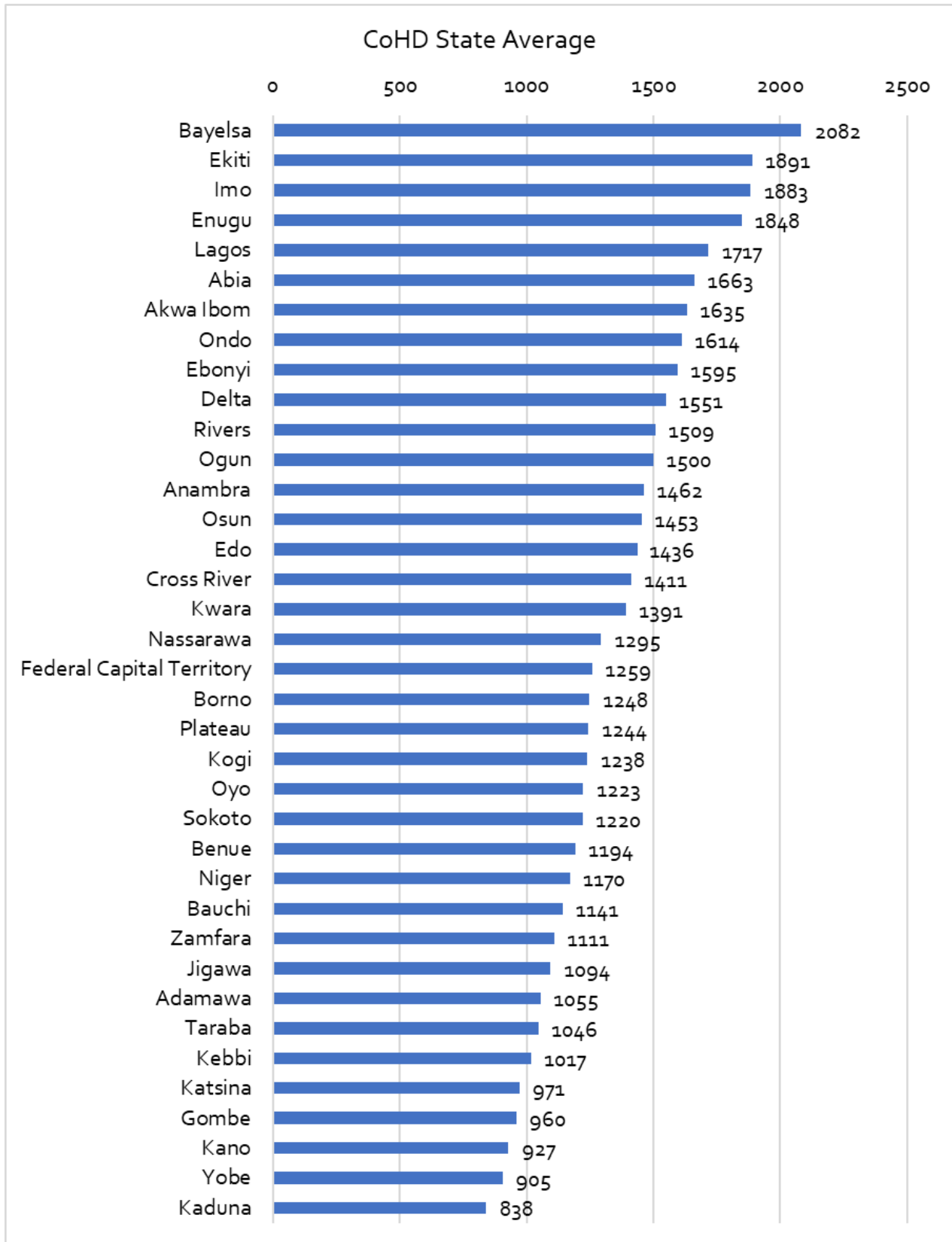
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations 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://microdata.nigerianstat.gov.ng/index.php/catalog/146>. Answers to frequently asked questions about the Cost of a Healthy Diet are also available online <https://nigerianstat.gov.ng/elibrary/>

APPENDIX

Figure 2. Average Cost of a Healthy Diet by State



APPENDIX

Figure 3. Zonal Average CoHD

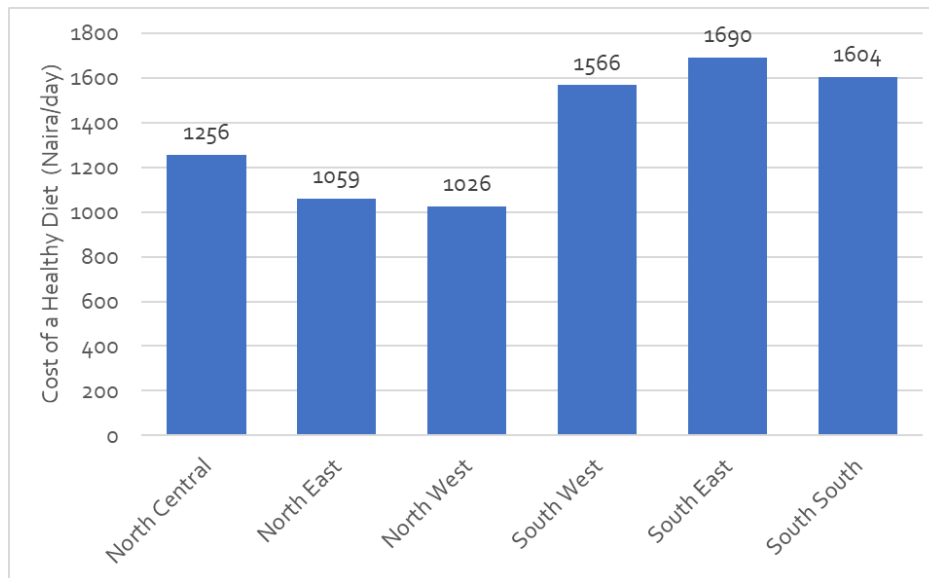


Figure 4a. National average CoHD (Naira/day) and Consumer Price Indexes (2024=100)

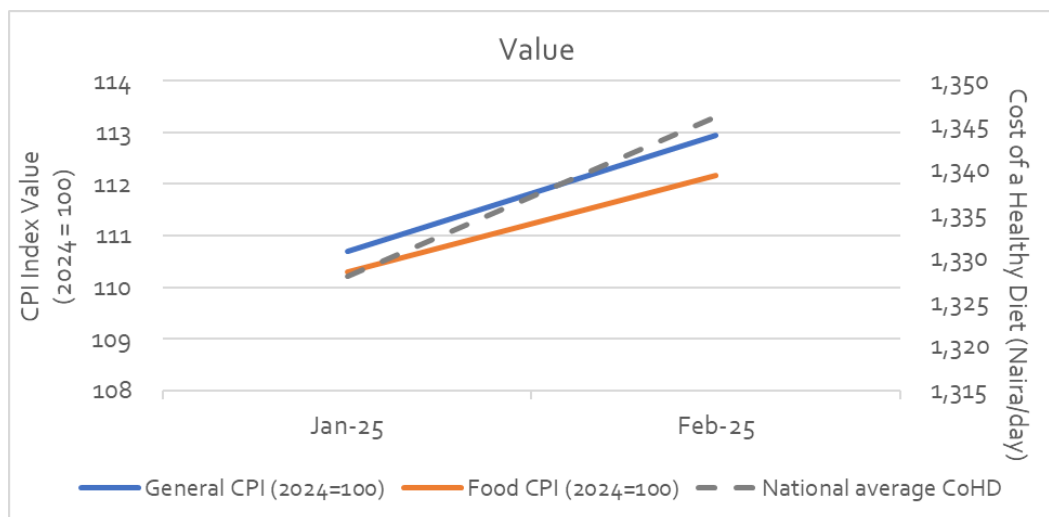
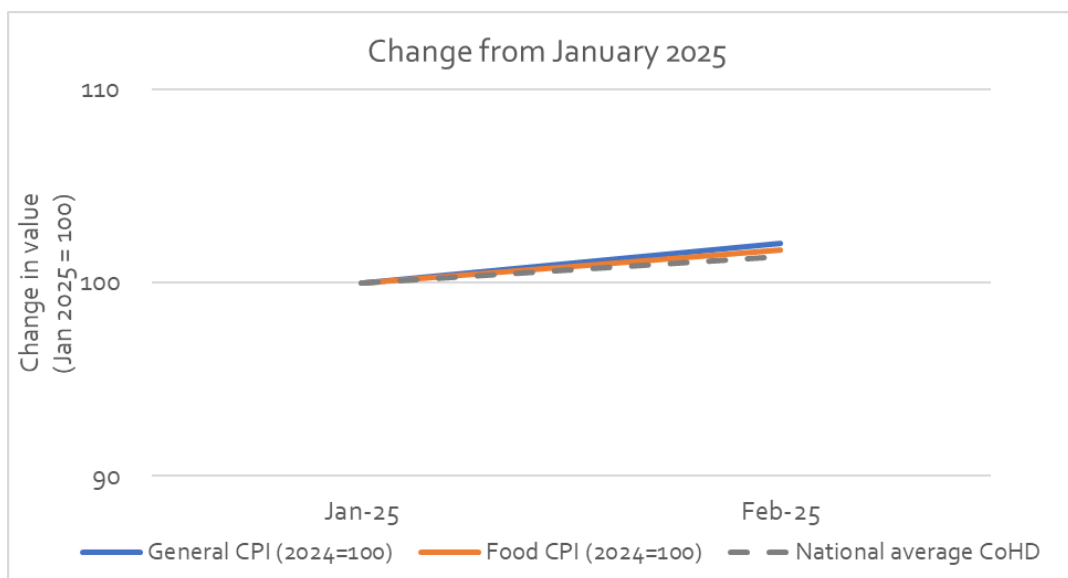


Figure 4b. National average CoHD and Consumer Price Indexes (2024 = 100)



APPENDIX

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

	Most expensive:		Least expensive:	
Feb-25	Bayelsa Rural		Kaduna Rural	
	Least-cost item	Cost	Least-cost item	Cost
Starchy staples	Garri White	217	Millet Whole grain	125
	Millet Whole grain	230	Plantain Flour, Sold loose	62
Oils and fats	Palm oil, 75cl	108	Soya bean oil, 75cl	100
Fruits	Dates Palm fruits/ Debinu	124	Desert Date Fruit /Aduwa	68
	Pawpaw, medium size	146	Mangoes, fresh	85
Vegetables	Cucumbers, fresh	336	Kuka Dried	20
	Okra, fresh	345	Okra, Dried	31
	Onions, fresh	226	Tomatoes Dried	21
Legumes nuts seeds	Soya Beans	105	Locust Beans (Dawadawa, Iru)	111
Animal source foods	Agric hen eggs, (a Crate of 30 pieces)	324	Cheese (local - wara)	117
	Cray fish small white	163	Shrimps white dried	63
Total (CoHD)		2,324		802

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

Food Group	Item Name	Selected as least-cost % of possible selection
Starchy staples	Maize Grains White	24%
	Millet Whole grain	20%
	Garri White	13%
Oils and fats	Palm oil, 75cl	65%
	Soya bean oil, 75cl	12%
	Vegetable Oil, 75cl	12%
Fruits	Dates Palm fruits/ Debinu	29%
	Avocado Pear	20%
	Desert Date Fruit /Aduwa	11%
Vegetables	Okra, Dried	22%
	Tomatoes Dried	22%
	Oha leaves	13%
Legumes nuts and seeds	Soya Beans	24%
	Kulikuli /Groundnut Cake	22%
	Groundnuts, shelled	20%
Animal source foods	Cheese (local - wara)	20%
	Cray fish small white	20%
	Shrimps white dried	11%

APPENDIX

Table 5: Top most frequently selected least-cost items by food group in some State

Item Name			
Food Group	Lagos	Rivers	Anambra
Starchy staples	Garri Yellow	Cassava Flour, Sold loose	Cassava Flour, Sold loose
	Maize Grains White	Maize Grains White	Maize Grains White
Oils and fats	Palm Kernel Oil, 75cl	Palm oil, 75cl	Palm oil, 75cl
		Soya bean oil, 75cl	Soya bean oil, 75cl
Fruits	Avocado Pear	Bananas	Avocado Pear
	Dates Palm fruits/ Debinu	Dates Palm fruits/ Debinu	Oranges, fresh
Vegetables	Grean Leaf /tete	Baobab Leaves Powder/ Ku-ka	Cucumbers, fresh
	Oha leaves	Carrots, fresh	Grean Leaf /tete
Legumes nuts and seeds	Groundnuts, shelled	Pigeon Beans (Broad Bean)	Kulikuli /Groundnut Cake
		Soya Beans	
Animal source foods	Cray fish small white	Cray fish small white	Agric hen eggs, (a Crate of 30 pieces)
	Liquid Yoghurt, 1 liter	Shrimps white dried	Powdered Milk Three Crown,350g
Item Name			
Food Group	Federal Capital Territory	Bauchi	Kano
Starchy staples	Guinea Corn /Sorghum White	Cassava Flour, Sold loose	Cassava Flour, Sold loose
	Maize Grains White	Garri White	Maize Grains White
Oils and fats	Groundnut oil, 75cl	Palm oil, 75cl	Soya bean oil, 75cl
	Vegetable Oil, 75cl	Vegetable Oil, 75cl	
Fruits	Dates Palm fruits/ Debinu	Avocado Pear	Avocado Pear
	Desert Date Fruit/ Aduwa	Bananas	Desert Date Fruit /Aduwa
Vegetables	Kuka Dried	Baobassb Leaves Powder/ Kuka	Baobab Leaves Powder /Kuka
	Oha leaves	Okra, Dried	Okra, Dried
Legumes nuts and seeds	Groundnuts, shelled	Kulikuli /Groundnut Cake	Groundnuts, unshelled
	Soya Beans		Locust Beans (Dawadawa, Iru)
Animal source foods	Cray fish small white	Chicken Wings	Cheese (local - wara)
	Fresh Milk /Nono, 75cl	Cray fish small white	Oxtail (Cow Tail)



National Bureau of Statistics

Head Office

#1 Wole Olanipekun St,
Central Business District,
Federal Capital Territory
Abuja

Alesanmi F.
Information Desk

Asst. Director, Communication & Public
Relation Department (C&PRD)
Phone: +2348028365685
funsoebun@yahoo.com

Dr. Ayo A.A
Head Prices Division

Phone: +2348036082904
anthonyayo@nigerianstat.gov.ng

Moses Mathew
Statistical Information Officer

Phone: +2347069071157
matmoses@nigerianstat.gov.ng



@nbs_nigeria



NBSNIGERIA



Nbs_nigeria

