



NATIONAL BUREAU OF STATISTICS



Global Alliance for
Improved Nutrition

COST OF A HEALTHY DIET (JULY 2025)



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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.
- ◆ 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 from January 2025 onwards cannot be compared with previous bulletins.
- ◆ The National average Cost of a Healthy Diet was N1,611 in July 2025. This shows an increase of 4.5% when compared to the amount recorded in previous month (June 2025 was N1,542).
- ◆ In July 2025, the average CoHD was highest in the South-West at N2,030 per adult per day, compared to N1,341 per adult per day in North-east.
- ◆ 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 N1,611 per adult per day in July 2025. At the State level Ekiti, Bayelsa and Imo States recorded the highest cost with N2,663, N2,352, and N2,235 respectively. Gombe, Katsina and Yobe States accounted for the lowest costs with N985, N1,147 and N1,180 respectively.

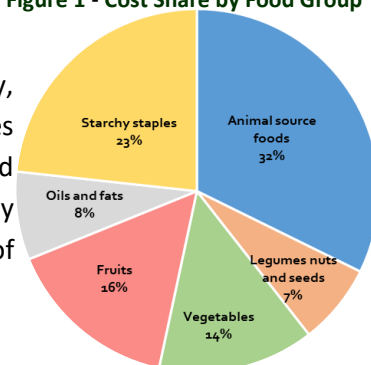
At the Zonal level, the average CoHD was highest in the South-West Zone at N2,030 per day, followed by South-East Zone with N1,862 per day. The lowest average Cost of a Healthy diet was recorded in North-East Zone with N1,341 per day.

(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 July, accounting for 32% 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 14%, 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) rose in July 2025, increasing from N1,514 in June 2025 to N1,611. The upward movement was mainly driven by Legumes, nuts and seed, and Animal source foods, Vegetables and Fruits. In contrast, Starchy staple food group recorded a decline.

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

Food Group	Percent Change in CoHD Month-on-month
Starchy staples	-2%
Oils and fats	0%
Fruits	9%
Vegetables	9%
Legumes nuts and seeds	19%
Animal source foods	10%

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 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 buy a healthy diet in July 2025. Ekiti Urban topped the chart with the highest Cost of a Healthy Diet (CoHD) at N2,715 per adult per day. Conversely, Gombe Rural offered the most affordable option at N977 for CoHD. Interestingly, some of the least-cost food items remained consistent across both locations. These items included Maize grains white, and Palm Oil. However, price variations between these locations resulted in different costs per item. Also, some unique least-cost options emerged. For instance, in Ekiti Urban Millet whole grain was the most affordable in Starchy Stable food item, whereas in Gombe Rural, it was Guinea Corn Flour, sold loose.

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 legumes nuts and seeds food group, soya beans was the least expensive item in 35% of state-sectors, and Mazie grains white was the least-expensive item in the starchy staple food group in 26% of all the state-sectors. Palm Oil was selected as the as the least-cost item in the Oil and Fats food source with 61% 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, Avocado pear consistently proved to be the least expensive items within the Fruits category in states like Lagos (South-West), Rivers (South-South), Anambra (South-East), Bauchi (North-East), and Kano (North-West) while in Federal Capital Territory (North-Central) it was for Desert Date fruit/Aduwa.

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:

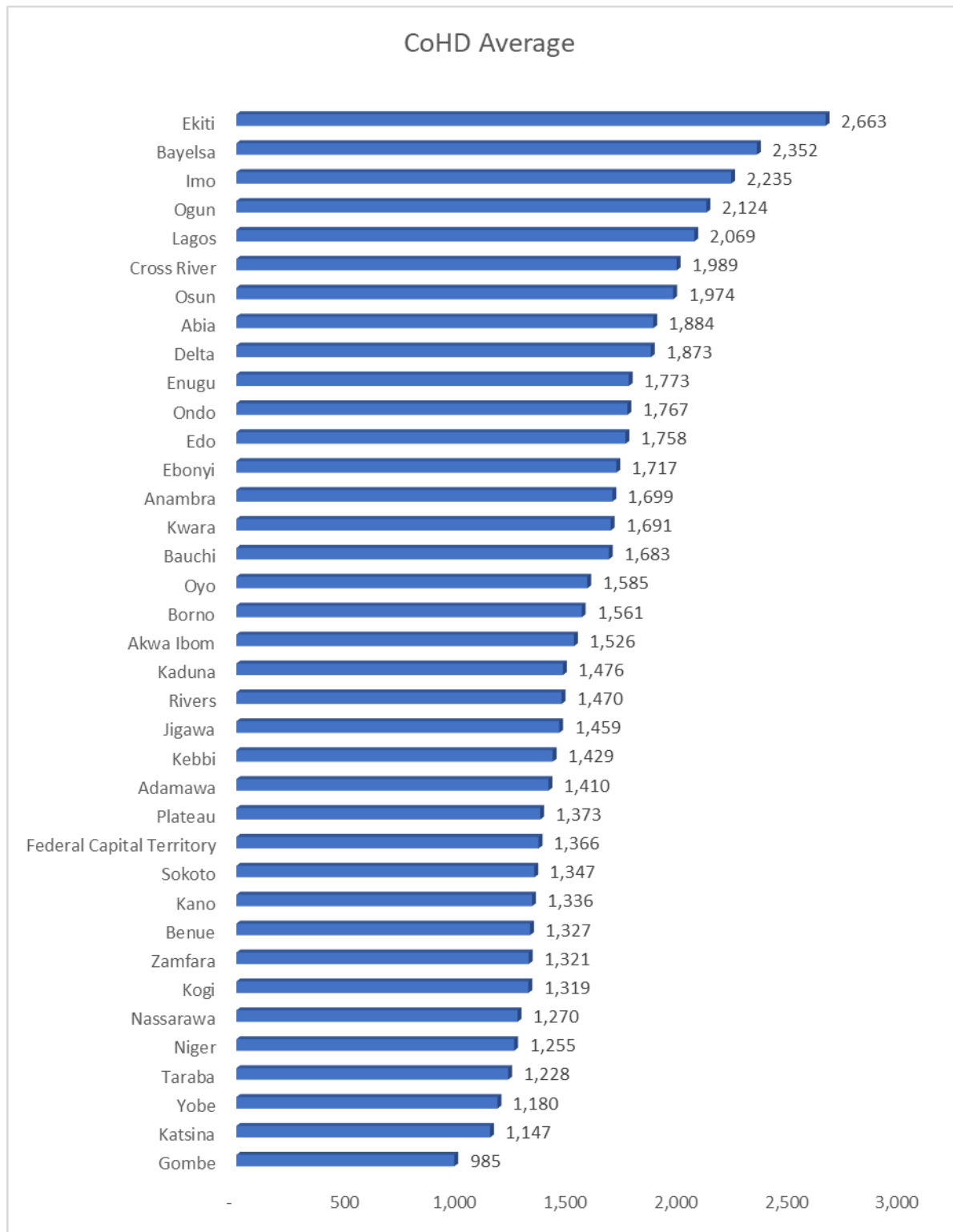
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations 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

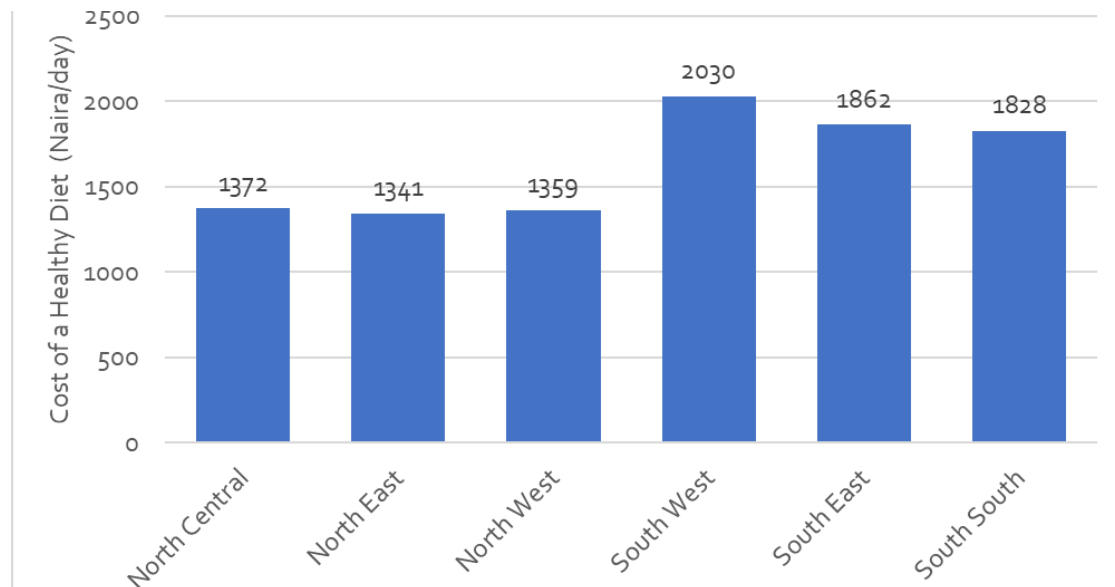


Figure 4a. National average CoHD (Naira/day) and Consumer Price Indexes (2024=100)

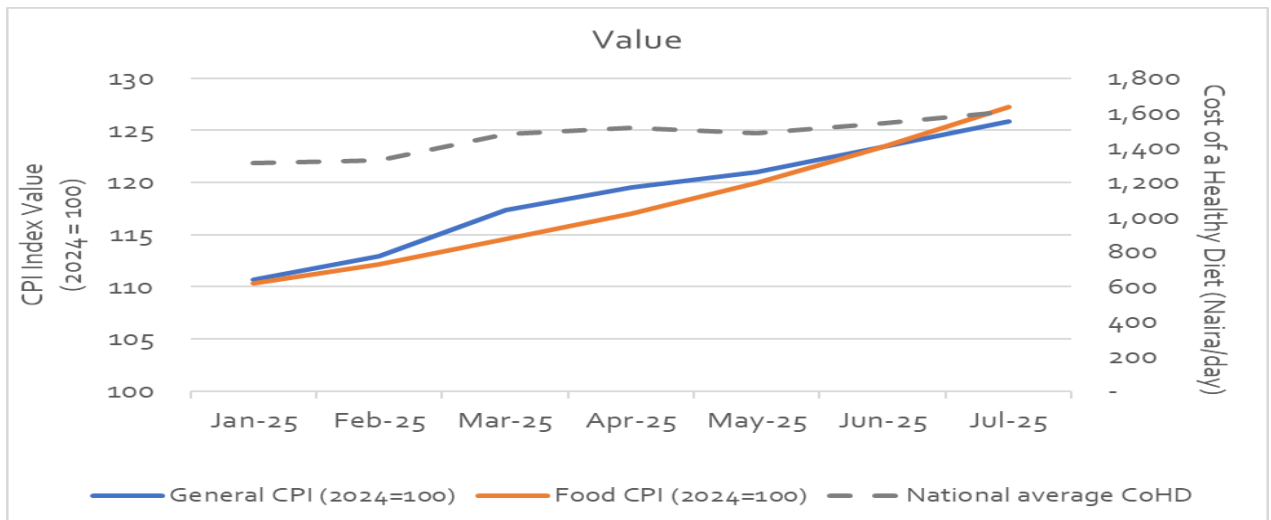
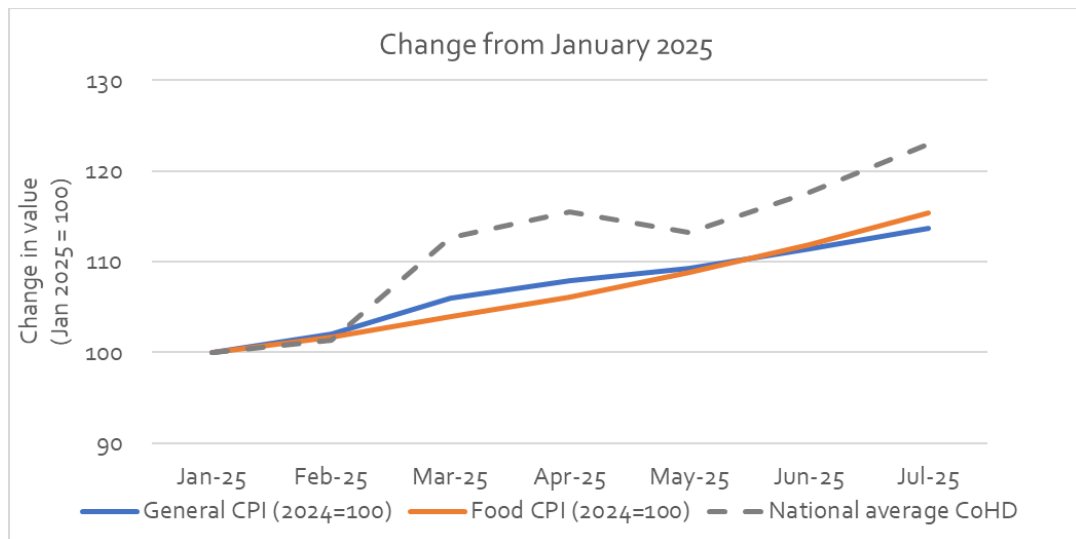


Figure 4b. National average CoHD and Consumer Price Indexes (2024 = 100)



APPENDIX

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

Jul-25	Most expensive:		Least expensive:	
	Ekiti Urban		Gombe Rural	
	Least-cost item	Cost	Least-cost item	Cost
Starchy staples	Maize Grains White	137	Guinea corn flour, sold loose	171
	Millet Whole grain	195	Maize Grains White	128
Oils and fats	Palm oil, 75cl	132	Palm oil, 75cl	107
Fruits	Bananas	393	Desert Date Fruit / Aduwa	44
	Pawpaw, medium size	152	Pears /Ube	75
Vegetables	Carrots, fresh	170	Kuka Dried	14
	Grean Leaf /tete	302	Oha leaves	38
	Onions, fresh	286	Tomatoes Dried	52
Legumes nuts seeds	Beans White	156	Soya Beans	104
Animal source foods	Agric hen eggs, (a Crate of 30 pieces)	443	Cheese (local - wara)	23
	Powdered Milk Three Crown,350g	349	Fresh Milk /Nono, 75cl	221
Total (CoHD)		2,715		977

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	26%
	Millet Whole grain	22%
	Garri White	11%
Oils and fats	Palm oil, 75cl	61%
	Vegetable Oil, 75cl	16%
	Soya bean oil, 75cl	9%
Fruits	Avocado Pear	30%
	Dates Palm fruits/Debinu	25%
	Desert Date Fruit/Aduwa	14%
Vegetables	Tomatoes Dried	24%
	Okra, Dried	23%
	Oha leaves	15%
Legumes nuts and seeds	Soya Beans	35%
	Kulikuli /Groundnut Cake	19%
	Groundnuts, shelled	9%
Animal source foods	Cheese (local - wara)	23%
	Cray fish small white	16%
	Fresh Milk /Nono, 75cl	13%

APPENDIX

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

Food Group	Item Name		
	Lagos	Rivers	Anambra
Starchy staples	Agidi /Eko	Garri Yellow	Cassava Flour, Sold loose
	Garri White	Millet Flour, sold loose	Maize Grains White
Oils and fats	Palm oil, 75cl	Palm oil, 75cl	Palm oil, 75cl
	Vegetable Oil, 75cl		Soya bean oil, 75cl
Fruits	Avocado Pear	Avocado Pear	Avocado Pear
	Dates Palm fruits/ Debinu	Dates Palm fruits/ Debinu	Oranges, fresh
Vegetables	Carrots, fresh	Baobab Leaves Powder /	Cucumbers, fresh
	Oha leaves	Oha leaves	Grean Leaf /tete
Legumes nuts and seeds	Moin-moin, Bean	Bambara beans	Kulikuli /Groundnut Cake
	Soya Beans		
Animal source foods	Cray fish small white	Cheese (local - wara)	Liquid Yoghurt, 1 liter
	Powdered Milk Three Crown,350g	Cray fish small white	Pork Meat
Food Group	Item Name		
	Federal Capital Territory	Bauchi	Kano
Starchy staples	Maize Grains White	Garri Yellow	Guinea Corn /Sorghum White
	Millet Whole grain	Guinea Corn /Sorghum	Maize Grains White
Oils and fats	Soya bean oil, 75cl	Palm oil, 75cl	Palm oil, 75cl
	Vegetable Oil, 75cl		Soya bean oil, 75cl
Fruits	Desert Date Fruit /Aduwa	Avocado Pear	Avocado Pear
	Guavas, fresh	Dates Palm fruits/ Debinu	Dates Palm fruits/ Debinu
Vegetables	Kuka Dried	Baobab Leaves Powder /	Baobab Leaves Powder /Kuka
	Oha leaves	Okra, Dried	Okra, Dried
Legumes nuts and seeds	Soya Beans	Avenger, Agbono/Apon	Beans Brown
			Green Peas, dried
Animal source foods	Cray fish small white	Agric hen eggs, (a Crate of	Cheese (local - wara)
	Fresh Milk /Nono, 75cl	Fresh Milk /Nono, 75cl	Cray fish small white



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