



NATIONAL BUREAU OF STATISTICS



# COST OF A HEALTHY DIET

(NOVEMBER 2025)



**Report Date: DECEMBER 2025**

Data Sources: National Bureau of Statistics (NBS)

# CONTENT

<b>INTRODUCTION .....</b>	<b>2</b>
Retail Food Prices.....	2
Healthy Diet Standard .....	2
<b>RESULT .....</b>	<b>3</b>
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
<b>POLICY IMPLICATIONS .....</b>	<b>5</b>
<b>APPENDIX .....</b>	<b>6</b>
<b>Figure:</b>	
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
<b>Table:</b>	
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
<b>CONTACT.....</b>	<b>10</b>

# 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 ₦1,429 in November 2025. This shows a decrease of 3.05% when compared to the amount recorded in previous month (October 2025 was ₦1,474).
- ◆ In November 2025, the average CoHD was highest in the South-east at ₦1,958 per adult per day, compared to ₦1,136 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
<b>Total</b>	<b>11</b>	<b>2,330</b>	<b>100</b>	

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

The National average Cost of a Healthy Diet was N1,429 per adult per day in November 2025. At the State level Imo, Bayelsa and Ebonyi States recorded the highest cost at N2,149, N2,095, and N2,074 respectively. Taraba, Gombe and Katsina State accounted for the lowest costs at N921, N989 and N1,061 respectively.

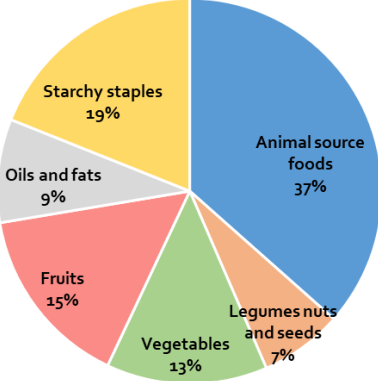
At the Zonal level, the average CoHD was highest in the South-East Zone at N1,958 per day, followed by South-South Zone at N1,685 per day. The lowest average Cost of a Healthy diet was recorded in North-West Zone at N1,136 per day.

*(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 November, accounting for 37% 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 15% and 13%, 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) in November 2025 recorded a decrease, from N1,474 in October 2025 to N1,429. The downward movement was driven by decrease across all food groups, indicating an overall decrease in almost all the cost of food items required to meet a healthy diet during the period except Legumes nuts and Seeds that remains the same.

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

Food Group	Percent Change in CoHD Month-on-month
Starchy Staples	-10.62%
Oils and Fats	-0.73%
Fruits	-2.63%
Vegetables	-0.12%
Legumes Nuts and Seeds	0.00%
Animal Source Foods	-1.07%

## 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 November 2025. Imo (Urban) topped the chart with the highest Cost of a Healthy Diet (CoHD) at N2,184 per adult per day. Conversely, Taraba (Rural) offered the most affordable option at N861 for CoHD. Interestingly, Liquid Yoghurt (1 liter) and Palm oil, are the least-cost food items that remained consistent across both locations. However, price variations between these locations resulted in different costs per item. Also, some unique least-cost options emerged. For instance, in Imo (Urban) Garri Yellow was the most affordable in Starchy Staple food group, whereas in Taraba, (Rural) it was Garri White. In terms of Fruits, Imo (Urban) recorded Pears/Ube as the most affordable while Taraba (Rural) went for Avocado Pear.

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, Beans White was the least expensive item in 46% of state-sectors, and Garri (white) was the least-expensive item in the Starchy Staple Food group in 30% of all the state-sectors. Palm Oil was selected as the as the least-cost item in the Oil and Fats food source with 49% 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, Palm Oil consistently proved to be the least expensive items within the Oil and Fats category in states like Lagos (South-West), Anambra (South-East), and Bauchi (North-East), while in Rivers (South-South) and, Kano (North-West). It was for Soya Bean and Federal Capital Territory (North-Central) opted for Palm kernel oil.

# 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:

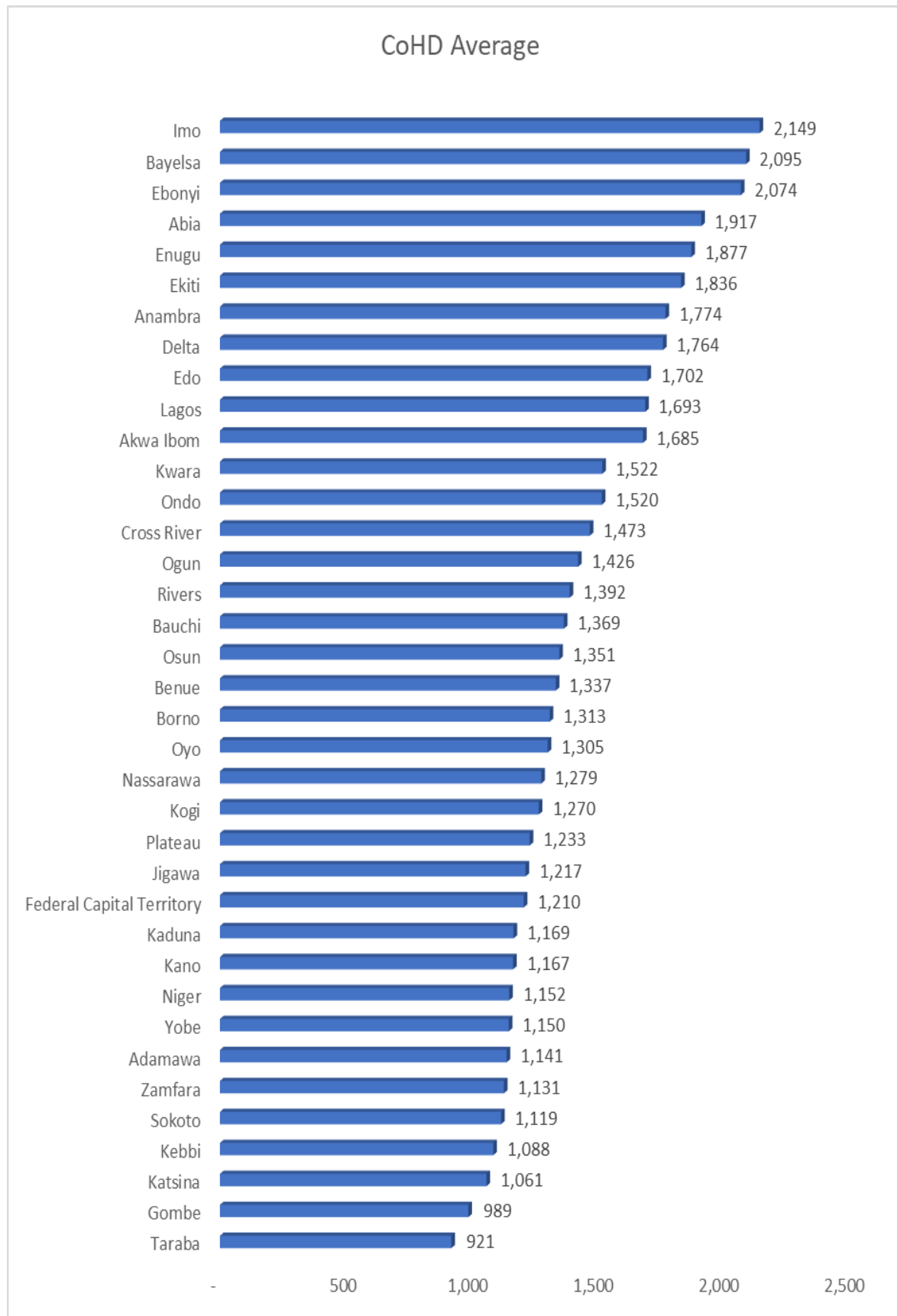
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations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

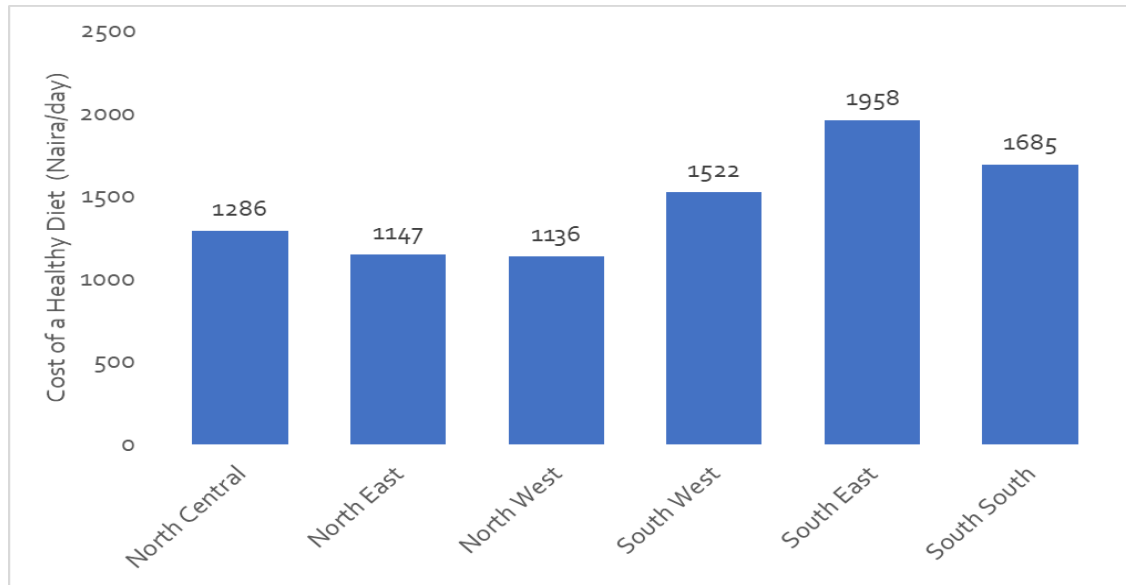
# APPENDIX

Figure 2. Average Cost of a Healthy Diet by State

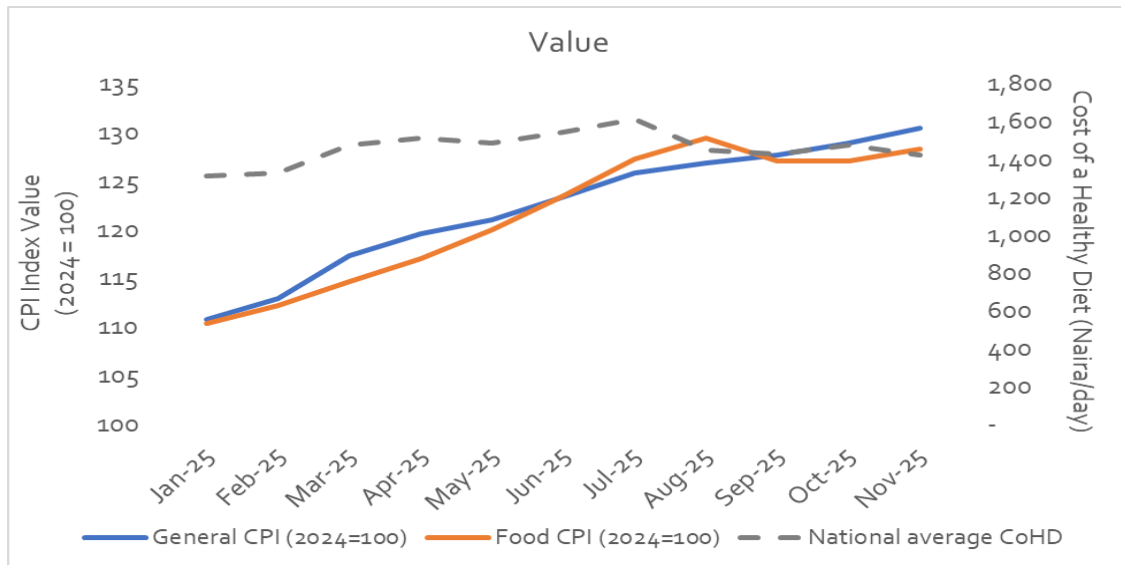


# APPENDIX

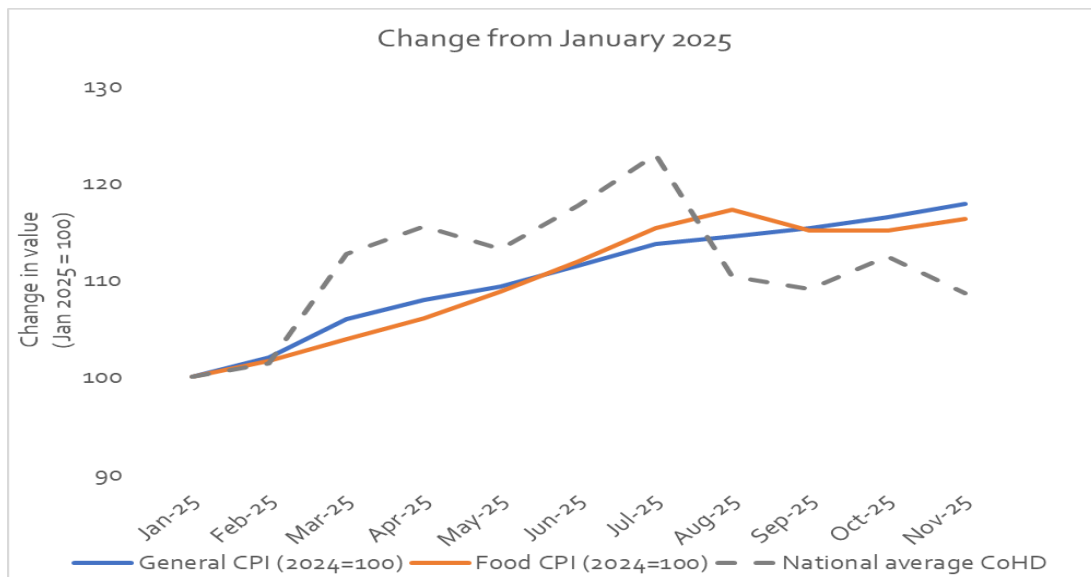
**Figure 3. Zonal Average CoHD**



**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**

Nov-2025	Most expensive:		Least expensive:	
	Imo (Urban)		Taraba (Rural)	
	Least-cost item	Cost	Least-cost item	Cost
Starchy Staples	Broken Rice	189	Garri (white)	83
	Garri Yellow	225	Maize Grains White	56
Oils and Fats	Palm Oil, 75cl	151	Palm Oil, 75cl	105
Fruits	Dates Palm Fruits/Debinu	135	Avocado Pear	85
	Pear (Ube)	151	Desert Date Fruit/Aduwa	30
Vegetables	Green Leaf/Tete	111	Baobab Leaves Powder (Kuka)	15
	Oha Leaves	54	Okra (Dried)	62
	Tomato Puree (GINO), 210g	200	Tomatoes (Dried)	57
Legumes Nuts & Seeds	Groundnut Cake (Kulikuli)	164	Beans White	54
Animal Source Foods	Liquid Yoghurt, 1 liter	461	Cheese (local - wara)	14
	Powdered Milk Three Crown, 350g	344	Liquid Yoghurt, 1 liter	300
<b>Total (CoHD)</b>		<b>2,184</b>		<b>861</b>

**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	Garri (white)	30%
	Maize Grains (white)	28%
	Garri (Yellow)	12%
Oils and Fats	Palm oil, 75cl	49%
	Soya Bean Oil, 75cl	19%
	Vegetable Oil, 75cl	16%
Fruits	Avocado Pear	30%
	Dates Palm fruits (Debinu)	22%
	Desert Date Fruit (Aduwa)	16%
Vegetables	Tomatoes (Dried)	25%
	Okra (Dried)	25%
	Baobab Leaves Powder (Kuka)	15%
Legumes Nuts and Seeds	Beans White	46%
	Soya Beans	23%
	Groundnut Cake (Kulikuli)	11%
Animal Source Foods	Cheese (local - wara)	24%
	Cray Fish (Small, dried)	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	Garri (White)	Garri Yello	Broken Rice
	Garri (Yellow)	Maize Grains White	Maize Grains White
Oils and Fats	Palm oil, 75cl	Soya Bean Oil, 75cl	Palm 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 /Kuka	Green Leaf/Tete
	Oha leaves	Oha leaves	Oha leaves
Legumes Nuts and Seeds	Groundnuts (shelled)	Soya Beans	Groundnut Cake (Kulikuli)
Animal Source Foods	Agric hen eggs, (a Crate of 30 pieces)	Cheese (local - wara)	Liquid Yoghurt, 1 liter
	Cray fish small white	Cray fish small white	Pork Meat
Food Group	Item Name		
	Federal Capital Territory	Bauchi	Kano
Starchy Staples	Garri (white)	Garri (white)	Garri (white)
	Maize Flour White, sold loose	Maize Grains White	Garri Yello
Oils and Fats	Palm Kernel Oil, 75cl	Palm oil, 75cl	Soya bean oil, 75cl
	Vegetable Oil, 75cl		
Fruits	Desert Date Fruit (Aduwa)	Avocado Pear	Avocado Pear
	Oranges, Fresh	Dates Palm fruits (Debinu)	Desert Date Fruit/Aduwa
Vegetables	Kuka (Dried)	Baobab Leaves Powder (Kuka)	Baobab Leaves Powder (Kuka)
	Oha leaves	Kuka (Dried)	Okra (Dried)
Legumes Nuts and Seeds	Beans (white)	Beans (white)	Beans (white)
Animal Source Foods	Cray fish small white	Chicken wings	Cheese (local - wara)
	Fresh Milk /Nono, 75cl	Cray fish small white	Fresh Milk/Nono, 75cl



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