



NATIONAL BUREAU OF STATISTICS



Global Alliance for  
Improved Nutrition

## COST OF A HEALTHY DIET (DECEMBER 2025)

(DECEMBER 2025)



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**Data Sources: National Bureau of Statistics (NBS)**

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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 N1,380 in December 2025. This shows a decrease of 3.14% when compared to the amount recorded in previous month (November 2025 was N1,429).
- ◆ In December 2025, the average CoHD was highest in the South-east at N1,780 per adult per day, compared to N1,066 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
<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 N1,380 per adult per day in December 2025. At the State level Imo, Bayelsa and Ebonyi States recorded the highest cost at N1,971, N1,952, and N1,824 respectively. Taraba, Gombe and Yobe State accounted for the lowest costs at N918, N950 and N1,001 respectively.

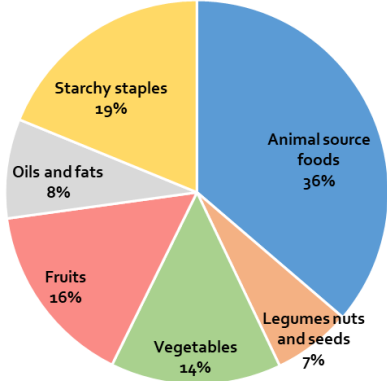
At the Zonal level, the average CoHD was highest in the South-East Zone at N1,780 per day, followed by South-South Zone at N1,570 per day. The lowest average Cost of a Healthy diet was recorded in North-east Zone at N1,066 per day.

(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 December, accounting for 36% 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) in December 2025 recorded a decrease, from N1,429 in November 2025 to N1,380. Aside from Vegetable category, nearly every food group saw a price reduction. This downward trend highlights a measurable improvement in the cost efficiency of a standard healthy diet for the month.

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

Food Group	Percent Change in CoHD Month-on-month
Starchy Staples	-3.96%
Oils and Fats	-6.90%
Fruits	-1.47%
Vegetables	3.10%
Legumes Nuts and Seeds	-7.63%
Animal Source Foods	-3.96%

## 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 December 2025. Bayelsa (Rural) topped the chart with the highest Cost of a Healthy Diet (CoHD) at N2,058 per adult per day. Conversely, Taraba (Rural) offered the most affordable option at N891 for CoHD. Interestingly, some of the least-cost food items remained consistent across both locations. These items include Garri Yellow and Avocado Pear. However, price variations between these locations resulted in different costs per item. Also, some unique least-cost options emerged. For instance, in Bayelsa (Rural), Corn Flour (White) sold loose was the most affordable in Starchy Staple food group, whereas in Taraba (Rural) it was Garri Yellow. In terms of Animal Source foods, Bayelsa (Rural) recorded Agric hen eggs as the most affordable while Taraba (Rural) went Liquid Yogurt.

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 49% of state-sectors, and Garri (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 50% 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 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:

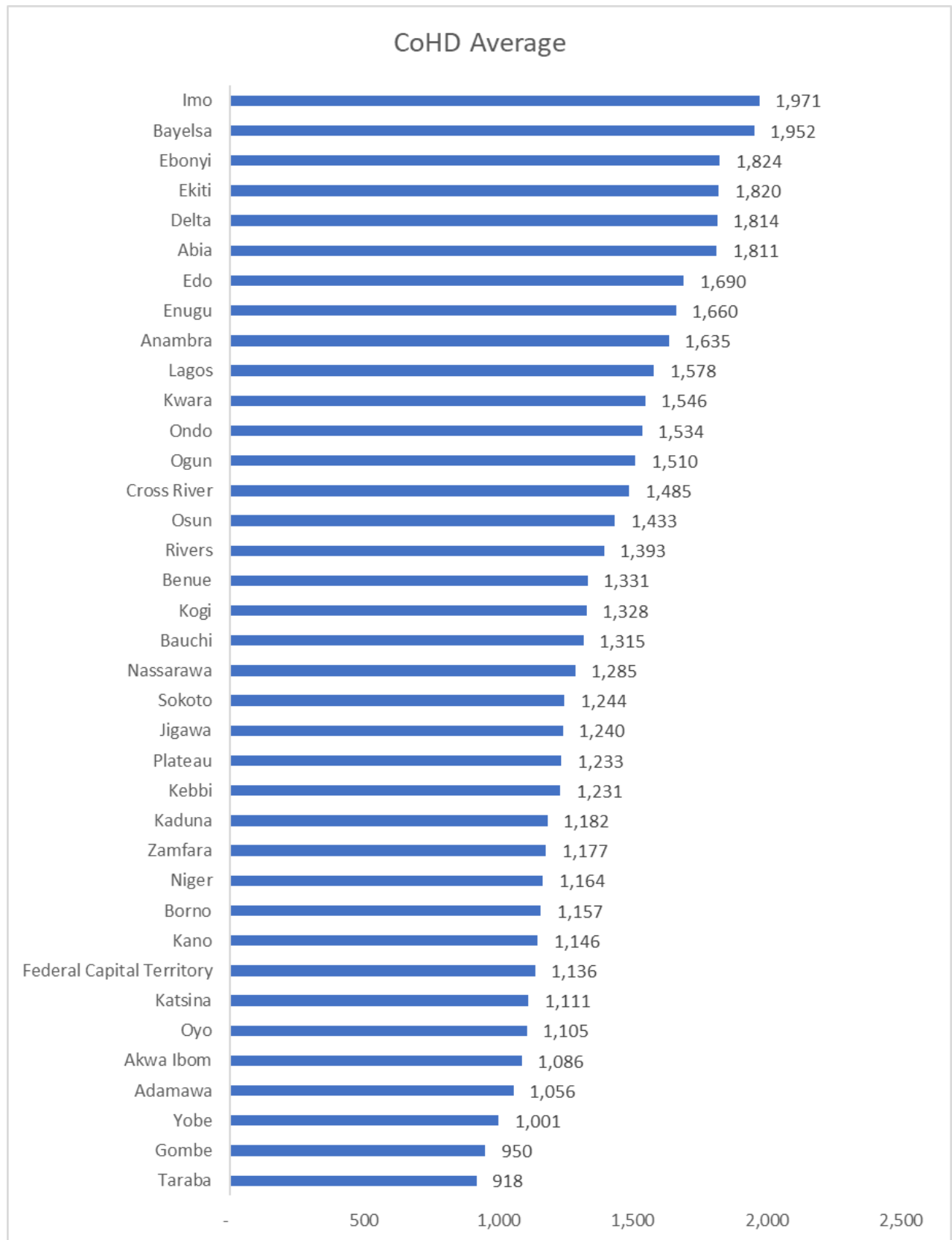
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations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

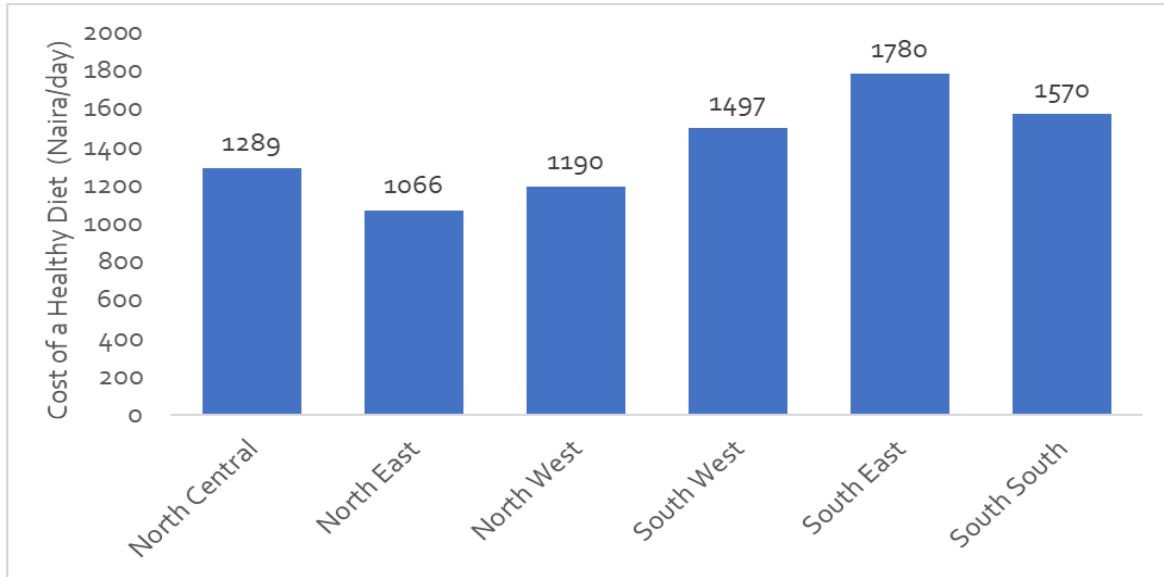


Figure 4a. National average CoHD (Naira/day) and Consumer Price Indexes (2024=100)

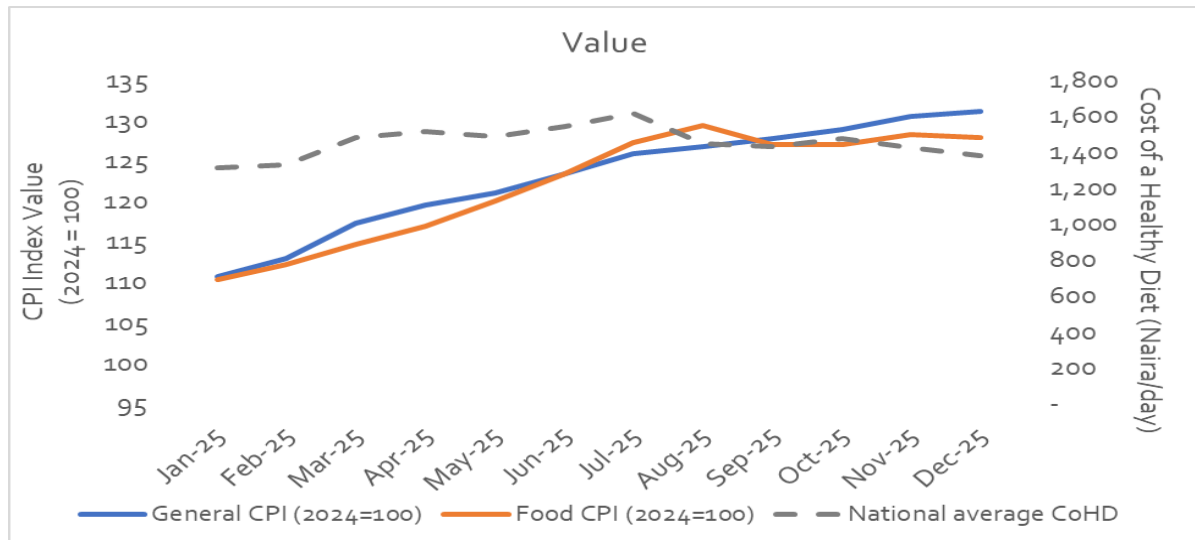
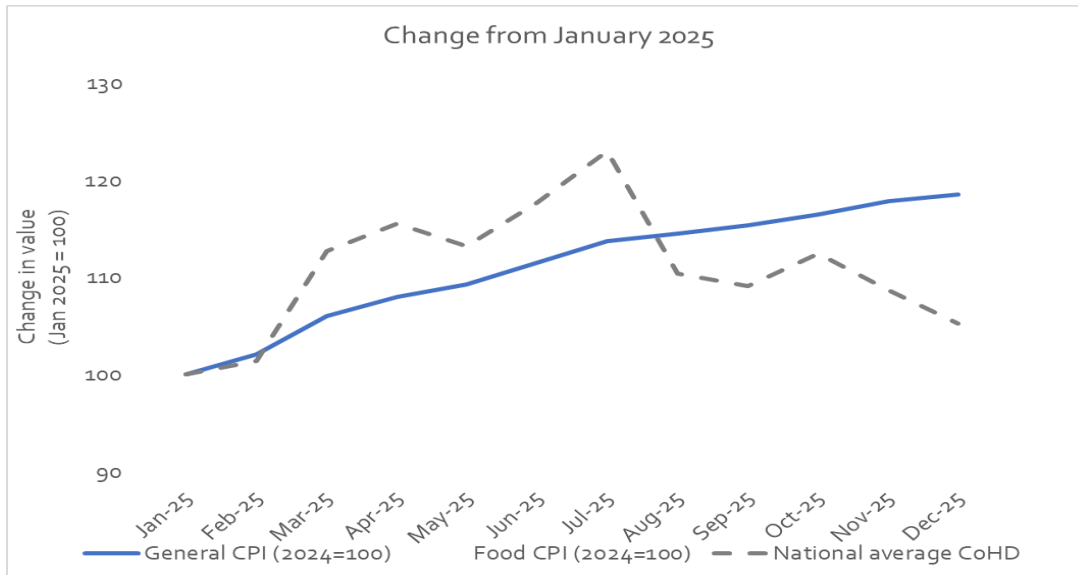


Figure 4b. National average CoHD and Consumer Price Indexes (2024 = 100)



# APPENDIX

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

Dec-2025	Most expensive: Bayelsa (Rural)		Least expensive: Taraba (Rural)	
	Least-cost item	Cost	Least-cost item	Cost
Starchy Staples	Corn Flour (White) Sold Loose	249	Garri Yellow	82
	Garri Yellow	95	Maize Grains White	64
Oils and Fats	Palm Oil, 75cl	122	Vegetable Oil, 75cl	86
Fruits	Avocado Pear	66	Avocado Pear	95
	Dates Palm Fruits/Debinu	85	Desert Date Fruit/Aduwa	34
Vegetables	Carrots, Fresh	217	Baobab Leaves Powder (Kuka)	14
	Onions, Fresh	194	Okra (Dried)	73
	Tomato Puree (GINO), 210g	268	Tomatoes (Dried)	55
Legumes Nuts & Seeds	Beans White	73	Beans Brown	55
Animal Source Foods	Agric hen eggs, (a Crate of 30 pieces)	349	Cheese (local - wara)	14
	Crayfish small white	343	Liquid Yoghurt, 1 liter	319
<b>Total (CoHD)</b>		<b>2,058</b>		<b>891</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)	26%
	Maize Grains (white)	24%
	Garri (Yellow)	17%
Oils and Fats	Palm oil, 75cl	50%
	Vegetable Oil, 75cl	23%
	Soya Bean Oil, 75cl	14%
Fruits	Avocado Pear	36%
	Dates Palm fruits (Debinu)	20%
	Desert Date Fruit (Aduwa)	14%
Vegetables	Tomatoes (Dried)	25%
	Okra (Dried)	23%
	Oha leaves	15%
Legumes Nuts and Seeds	Beans White	49%
	Soya Beans	22%
	Beans Brown	12%
Animal Source Foods	Cheese (local - wara)	23%
	Cray Fish (Small, dried)	19%
	Agric hen eggs, (a Crate of 30 pieces)	15%

# 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	Maize Grains White	Garri Yello	Garri White
	Garri White	Maize Grains White	Maize Grains White
Oils and Fats	Palm oil, 75cl	Soya Bean Oil, 75cl	Palm oil, 75cl
Fruits	Avocado Pear	Avocado Pear	Avocado Pear
	Pawpaw, medium size	Dates Palm fruits (Debinu)	Pears/Ube
Vegetables	Oha leaves	Baobab Leaves Powder /Kuka	Green Leaf/Tete
	Onions, Fresh	Oha leaves	Oha leaves
Legumes Nuts and Seeds	Soya Beans	Beans White	Beans Brown
		Soya Beans	Kulikuli/Groundnut Cake
Animal Source Foods	Agric hen eggs, (a Crate of 30 pieces)	Cheese (local - wara)	Agric hen eggs (a Crate of 30 pieces)
	Powdered Milk Three Crown, 350g	Cray fish small white	Powdered Milk Three Crown, 350g
Food Group	Item Name		
	Federal Capital Territory	Bauchi	Kano
Starchy Staples	Garri (white)	Garr Yello	Garri Yello
	Maize Flour White, sold loose	Maize Grains White	Maize Grains White
Oils and Fats	Soya Bean Oil, 75cl	Vegetable 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)
	Okra, Dried	Okra, Dried	Okra (Dried)
Legumes Nuts and Seeds	Beans (white)	Beans (white)	Beans Brown
			Beans White
Animal Source Foods	Fresh Milk /Nono, 75cl	Fresh Milk /Nono, 75cl	Cheese (local - wara)
	Cray fish small white	Liquid Yoghurt, 1 liter	Crayfish small white



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