



NATIONAL BUREAU OF STATISTICS



COST OF A HEALTHY DIET

(JANUARY 2026)



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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 N1,458 in January 2026. This shows an increase of 5.64% when compared to the amount recorded in previous month (December 2025 was N1,380).
- ◆ In January 2026, the average CoHD was highest in the South-east at N1,799 per adult per day, compared to N1,138 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.

Note:

kulikuli (Groundnut Cake), Akara (Beans Cake), and Locust Beans (Dawadawa, Iru) have been excluded from the list of possible least-cost items in Cost of a Healthy Diet (CoHD) baskets, though they were sometimes selected in 2025. Kulikuli (Groundnut Cake) and Akara (Beans Cake) were removed because they are mixed items containing significant amounts of more than one food group (Pulses, Oil), while Locust Beans (Dawadawa, Iru) were excluded as they are typically used as a condiment and consumed in small amounts.

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 N1,458 per adult per day in January 2026. At the State level Ondo, Imo and Ekiti States recorded the highest cost at N1,996, N1,979, and N1,930 respectively. Taraba, Gombe and Yobe State accounted for the lowest costs at N769, N973 and N1,098 respectively.

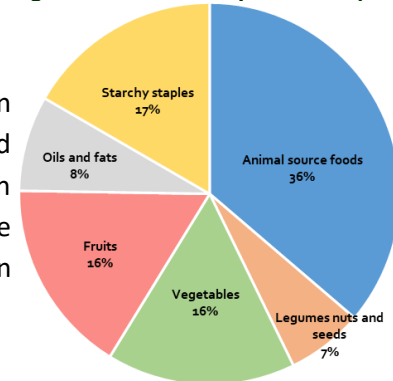
At the Zonal level, the average CoHD was highest in the South-East Zone at N1,799 per day, followed by South-West Zone at N1,744 per day. The lowest average Cost of a Healthy diet was recorded in North-east Zone at N1,138 per day.

(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 January, 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 both accounted for 16% 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) on a month-on-month basis increased by 5.64% compared to the cost in December 2025 (N1,380). Starchy Staples recorded a decrease in price of 6% monthly. On a year-on-year basis, it increased by 10% from N1,329 in January 2025 to N1,458 in January 2026. The main drivers of the increase are Animal Source Foods and Oils and Fats.

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

Food Group	Percent Change in CoHD	
	Month-on-Month	Year-on-Year
Starchy Staples	-6%	-25%
Oils and Fats	2%	35%
Fruits	12%	13%
Vegetables	18%	15%
Legumes Nuts and Seeds	3%	4%
Animal Source Foods	6%	29%

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 January 2026. Ondo (Rural) topped the chart with the highest Cost of a Healthy Diet (CoHD) at N2,236 per adult per day. Conversely, Taraba (Rural) offered the most affordable option at N719 for CoHD. Interestingly, Maize (White) grain, 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 Ondo (Rural), Garri (White) was most affordable in the starchy food group, whereas in Taraba (Rural), it was Garri (Yellow). In terms of Animal Source foods, Ondo (Rural) recorded Powered Milk Three Crown as the most affordable, while Taraba (Rural) went for Fresh Milk/Nono.

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 54% of state-sectors, and Maize (white) grain was the least-expensive item in the Starchy Staple Food group in 30% of all the state-sectors. Palm Oil was selected as the least-cost item in the Oil and Fats food source with 53% 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 consistently stand out as the least expensive options, regardless of location. For instance, Bean White, consistently proved to be the least expensive items within the Legumes, nuts and Seeds category in States like Rivers (South-South), Anambra (South-East), Federal Capital Territory (North-Central), Bauchi (North-East), and Kano (North-West). At the same time, in Lagos (South-West), it was Beans Brown.

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:

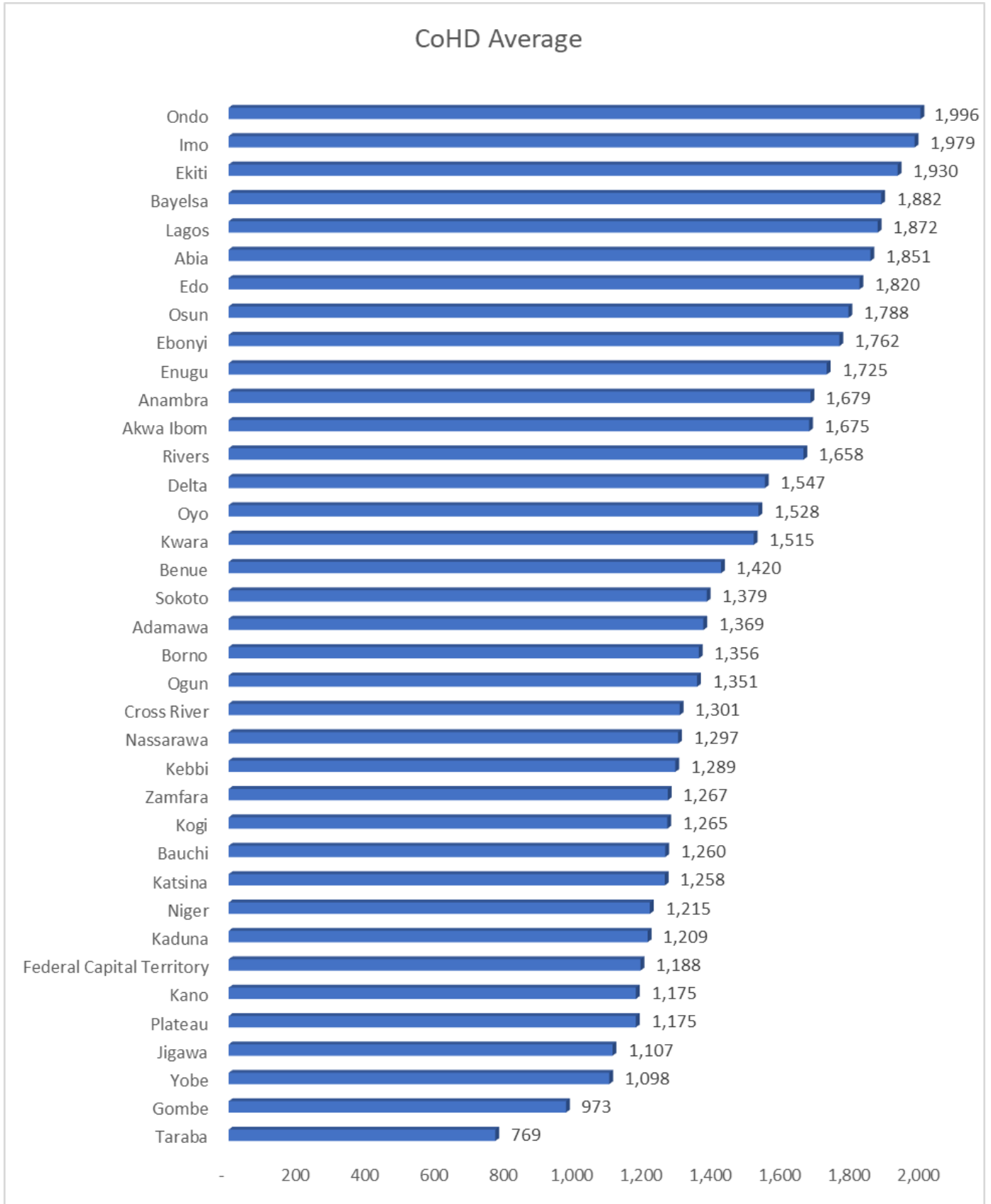
- ◆ The minimum income needed by households to access a healthy diet, and social protection and transfer amounts for vulnerable populations.
- ◆ Prioritization of commodities for agricultural production and trade policy interventions.
- ◆ Targeting interventions, including nutrition education, to populations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

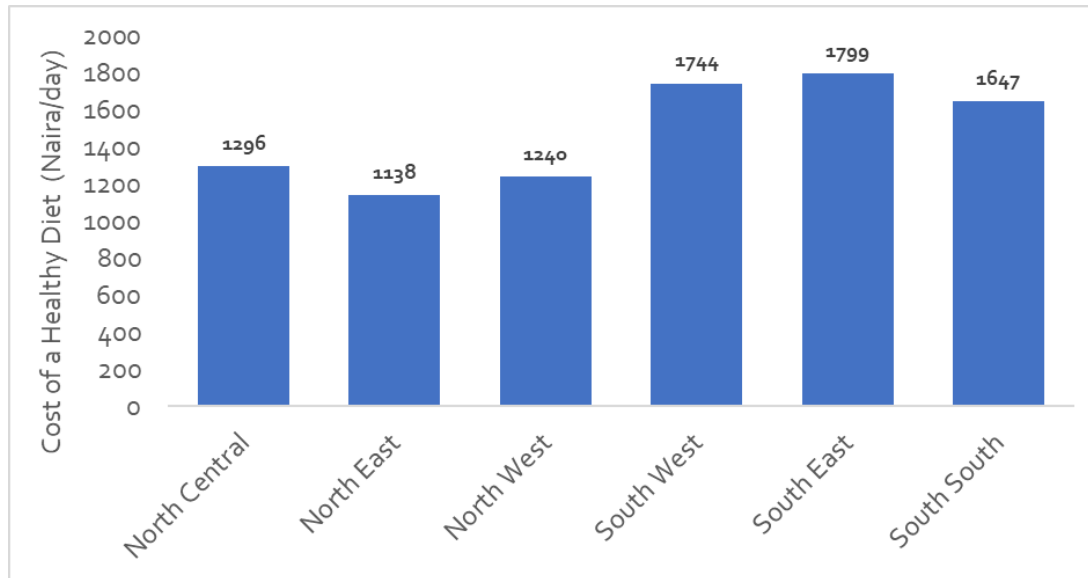


Figure 4a. National average CoHD (Naira/day) and Consumer Price Indexes (2024=100)

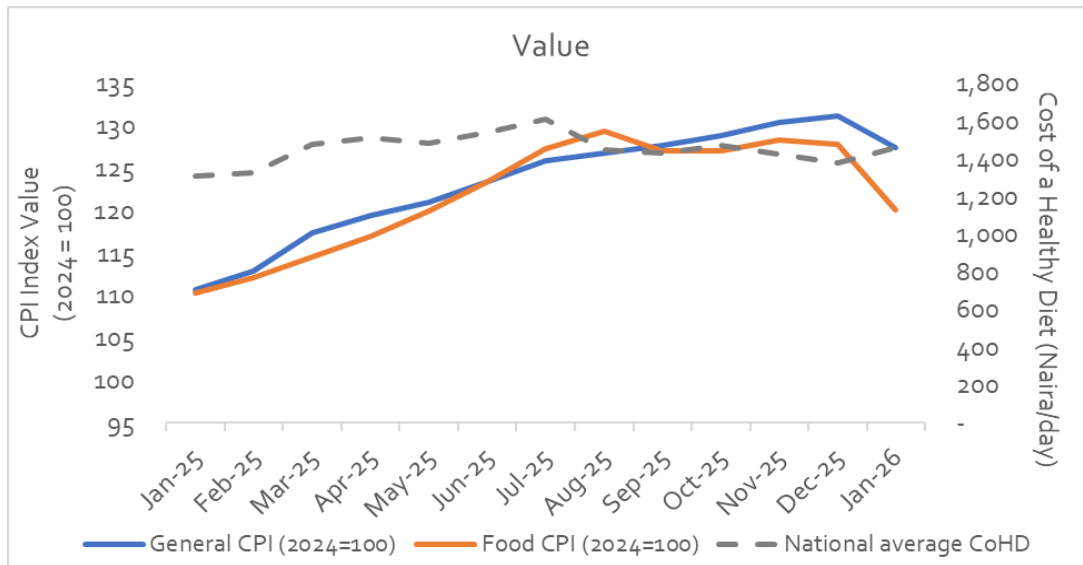
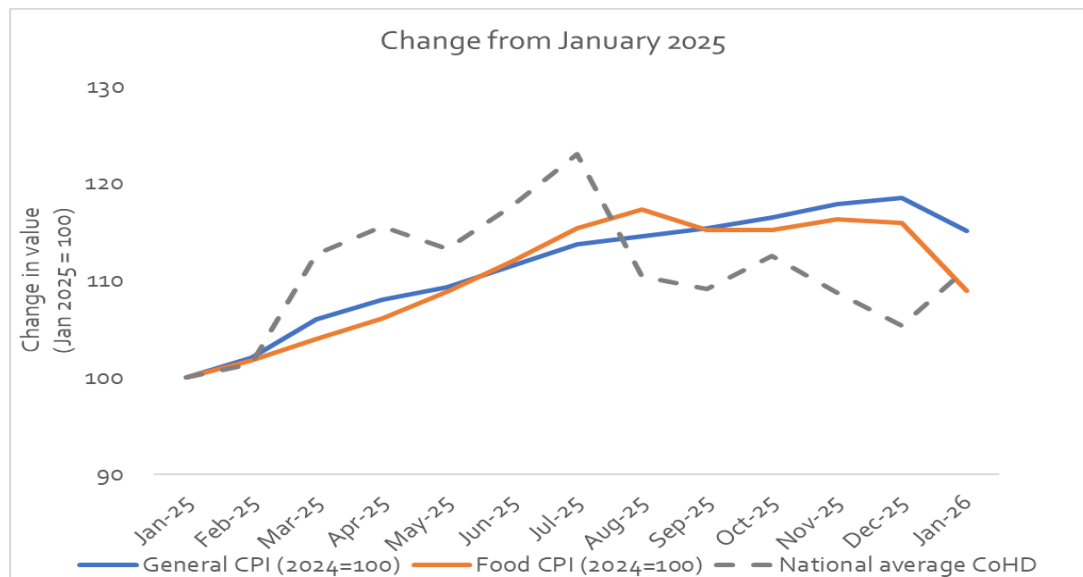


Figure 4b. National average CoHD and Consumer Price Indexes (2024 = 100)



APPENDIX

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

Jan-2026	Most expensive:		Least expensive:	
	Ondo (Rural)		Taraba (Rural)	
	Least-cost item	Cost	Least-cost item	Cost
Starchy Staples	Garri (White)	212	Garri Yellow	82
	Maize (White) Grains	180	Maize (White) Grains	56
Oils and Fats	Palm Oil, 75cl	122	Vegetable Oil, 75cl	84
Fruits	Pawpaw (medium size)	120	Avocado Pear	95
	Pineapple (medium size)	173	Desert Date Fruit/Aduwa	34
Vegetables	Carrots, Fresh	211	Baobab Leaves Powder (Kuka)	14
	Geen Leaf/tete	242	Okra (Dried)	34
	Onion, fresh	198	Tomatoes (Dried)	36
Legumes Nuts & Seeds	Beans White	100	Beans Brown	64
Animal Source Foods	Agric hen eggs, (a Crate of 30 pieces)	317	Cheese (local - wara)	21
	Powdered Milk Three Crown, 350g	360	Fresh Milk/Nono, 75cl	200
Total (CoHD)		2,236		719

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 (white) Grains	30%
	Garri (white)	27%
	Garri (Yellow)	16%
Oils and Fats	Palm oil, 75cl	53%
	Vegetable Oil, 75cl	26%
	Soya Bean Oil, 75cl	11%
Fruits	Avocado Pear	27%
	Dates Palm fruits (Debinu)	21%
	Desert Date Fruit (Aduwa)	13%
Vegetables	Tomatoes (Dried)	24%
	Okra (Dried)	21%
	Oha leaves	14%
Legumes Nuts and Seeds	Beans White	54%
	Beans Brown	22%
	Soya Beans	16%
Animal Source Foods	Cheese (local - wara)	21%
	Cray Fish (Small, dried)	19%
	Fresh Milk/Nono, 75cl	12%

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 Yellow	Garri White
	Maize (White) Grains	Maize (White) Grains	Maize (White) Grains
Oils and Fats	Palm oil, 75cl	Soya Bean Oil, 75cl	Palm oil, 75cl
			Soya Bean Oil, 75cl
Fruits	Avocado Pear	Avocado Pear	Oranges, fresh
	Dates Palm fruits (Debinu)	Dates Palm fruits (Debinu)	Pears/Ube
Vegetables	Green Leaf/tete	Oha leaves	Green Leaf/Tete
	Oha leaves	Green Leaf/tete	Oha leaves
Legumes Nuts and Seeds	Beans Brown	Beans White	Beans White
	Soya Beans		
Animal Source Foods	Agric hen eggs (a Crate of 30 pieces)	Agric hen eggs (a Crate of 30 pieces)	Powdered Milk Three Crown, 350g
	Cray fish small white	Cray fish small white	Cray fish small white
Food Group	Item Name		
	Federal Capital Territory	Bauchi	Kano
Starchy Staples	Garri (white)	Garr Yellow	Garri (white)
	Maize Flour White, sold loose	Maize (White) Grains	Maize (White) Grains
Oils and Fats	Palm Kernel Oil, 75cl	Vegetable Oil, 75cl	Soya bean oil, 75cl
	Vegetable Oil, 75cl		Vegetable Oil, 75cl
Fruits	Oranges, Fresh	Dates Palm fruits (Debinu)	Avocado Pear
	Dates Palm fruits (Debinu)	Avocado Pear	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 (white)
Animal Source Foods	Cray fish small white	Fresh Milk /Nono, 75cl	Cheese (local - wara)
	Fresh Milk /Nono, 75cl	Chicken Wings	Fresh Milk /Nono, 75cl

CONTACT



National Bureau of Statistics
Head Office

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

Bonaventure Nwosu
Information Desk

Head, Communication and Public
Relation Department (C&PRD)
Phone: +2348033109882
bnwosu@nigerianstat.gov.ng

Mrs Musa Nkem
Head Prices Division

Phone: +2348130286147
nmusa@nigerianstat.gov.ng

Moses Mathew
Statistical Information Officer

Phone: +2347069071157
matmoses@nigerianstat.gov.ng



@NBS_Nigeria



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