

**DAILY SUMMARY OF AVERAGE RETAIL PRICE OF TEN (10) ESSENTIAL HOUSEHOLD COMMODITIES**

Price Data Collection Agency: Bureau of Statistics, Punjab  
 Daily Price Report: 16-05-2025, Friday  
 Compared with: 3<sup>rd</sup> week of April, 2025  
 Price data type: Average Retail Price of The Punjab

The average retail price and its percentage change for (10) ten household essential commodities on 16-05-2025, compared with the 3<sup>rd</sup> week of April 2025, of the Punjab, given as follows: -

Sr. No.	Commodities	Unit	Average Retail Price on		% Change	Trend
			16-05-2025	3 <sup>rd</sup> week of April. 2025		
			(1)	(2)		
1.	Wheat Flour (Thaila)	10 kg	742	821.7	-9.7	Decreased
2.	Sugar White	1 kg	170	169.4	0.4	Stable
3.	Potatoes	1 kg	57	61.0	-6.6	Decreased
4.	Tomatoes	1 kg	48	67.6	-29.0	Decreased
5.	Gram Dal	1 kg	308	319.3	-3.5	Decreased
6.	Moong Dal washed	1 kg	389	380.4	2.3	Increased
7.	Chicken Meat Broiler	1 kg	657	608.5	8.0	Increased
8.	Beef with bone	1 kg	998	980.4	1.8	Increased
9.	Onion	1 kg	42	50.2	-16.3	Decreased
10.	Veg. Ghee (Dalda)	5 kg	2858	2880.2	-0.8	Stable
Out of 10 essential items, the retail price of 03 items increased, 05 decreased and 02 remained stable.						
Source: Bureau of Statistics, Punjab.						

**Retail Price of 70 Household Essential Commodities of The Punjab, on 16-05-2025**

**Compared with 3rd week of April-2025, and 3rd week of May-2024**

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16/5/2025	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		April. 25	May. 24	April. 25	May. 24

**Staples**

1	WHEAT ATTA LOOSE (MILL)	kg	70	90	78.0	87.7	98.3	-11.0	-20.7
2	WHEAT ATTA LOOSE (CHAKKI)	kg	75	120	88.0	98.4	113.1	-10.6	-22.2
3	WHEAT ATTA (THAILA)	10 kg	670	850	742.0	821.7	-	-9.7	-
4	MAIDA	kg	80	150	112.0	122.7	149.4	-8.7	-25.1
5	RAWA/SUJI	kg	80	150	113.0	123.2	152.8	-8.3	-26.0
6	VEG. GHEE (POUCH) (LOCAL)	kg	410	530	488.0	500.6	441.9	-2.5	10.4
7	VEG. GHEE DALDA (CARTON)	5 kg	2,800	2,950	2,858.0	2,880.2	2,504.2	-0.8	14.1
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,980	2,886.0	2,910.3	2,618.0	-0.8	10.2
9	BAISAN (GROUND GRAM)	kg	290	340	311.0	325.8	259.4	-4.5	19.9
10	RICE BASMATI (SUPERIOR QUALITY)	kg	300	380	331.0	334.6	328.3	-1.1	0.8
11	RICE BASMATI (AVERAGE QUALITY)	kg	240	330	263.0	263.2	-	-0.1	-
12	BROKEN BASMATI	kg	160	250	198.0	201.8	233.3	-1.9	-15.1
13	GRAM (BLACK)	kg	270	370	310.0	319.9	245.6	-3.1	26.2
14	GRAM (WHITE)	kg	290	400	339.0	341.4	-	-0.7	-
15	GRAM DAL	kg	270	340	308.0	319.3	247.2	-3.5	24.6
16	MASOOR (WHOLE)	kg	270	360	306.0	309.5	312.2	-1.1	-2.0
17	MASOOR (DAL)	kg	280	360	318.0	323.1	317.2	-1.6	0.2
18	MASH DAL (WASHED)	kg	440	600	513.0	532.7	538.3	-3.7	-4.7
19	MOONG (WHOLE)	kg	320	400	369.0	362.3	283.9	1.9	30.0
20	MOONG DAL (WASHED)	kg	320	440	389.0	380.4	302.2	2.3	28.7
21	CHILLIES (GROUND)	250 g	170	250	206.0	201.1	183.3	2.5	12.4
22	SUGAR WHITE	kg	165	180	170.0	169.4	143.0	0.4	18.9
23	GUR	kg	180	260	214.0	214.8	203.9	-0.4	5.0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800 g	70	80	73.0	72.2	-	1.1	-
25	DOUBLE ROTI (LOCAL)	400 g	100	120	106.0	105.1	117.8	0.9	-10.0
26	DOUBLE ROTI DAWN	360 g	110	120	112.0	112.2	120.0	-0.2	-6.7
27	TANORI ROTI	100 g	12	15	14.0	14.9	16.3	-6.0	-14.1

**Dairy & Meat**

28	CHICKEN ALIVE (BROILER)	kg	383	540	454.0	431.0	307.2	5.3	47.8
29	CHICKEN MEAT (BROILER) WITH ORGANS	kg	580	740	657.0	608.5	441.7	8.0	48.7
30	MUTTON	kg	1,800	2,200	1,962.0	1,945.7	1,830.6	0.8	7.2
31	BEEF WITH BONE	kg	850	1,200	998.0	980.4	883.3	1.8	13.0
32	EGGS (FARM)	Dozen	220	290	271.0	221.0	253.1	22.6	7.1
33	MILK (FRESH)	Litre	150	220	181.0	181.5	177.2	-0.3	2.1
34	CURD (FRESH)	kg	180	240	219.0	213.2	200.0	2.7	9.5
35	MILK TETRA PACK ( MILK PACK / OLPER)	250 ml	90	100	93.0	93.1	-	-0.1	-

(-) Data not available. M.D=meat less day.

Source: Bureau of Statistics, Punjab.

**Retail Price of 70 Household Essential Commodities of The Punjab, on 16-05-2025**

**Compared with 3rd week of April-2025, and 3rd week of May-2024**

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16/5/2025	Weekly Average of (Min+ Max) Retail Prices 3rd week of		% Change on Average Price (Min+ Max) Date Over 3rd week of	
			Min	Max		April. 25	May. 24	April. 25	May. 24
<b>Vegetables</b>									
36	GARLIC (CHINA)	kg	290	550	394.0	512.5	570.6	-23.1	-30.9
37	GINGER	250 g	90	260	181.0	118.6	155.9	52.6	16.1
38	POTATOES	kg	50	70	57.0	61.0	89.4	-6.6	-36.2
39	ONIONS	kg	30	60	42.0	50.2	104.0	-16.3	-59.6
40	SPINACH	kg	30	120	54.0	54.3	52.9	-0.5	2.1
41	TOMATOES	kg	30	80	48.0	67.6	62.3	-29.0	-23.0
42	BRINJAL	kg	50	130	83.0	79.2	99.7	4.7	-16.8
43	BITTER GOURD	1 Kg	60	150	99.0	-	108.2	-	-8.5
44	LADY FINGER	1 Kg	100	200	149.0	-	181.9	-	-18.1
45	TINDA	1 Kg	70	230	161.0	-	159.7	-	0.8
46	GHIA KADDU	1 Kg	40	120	72.0	-	90.9	-	-20.8
47	ARVI	1 Kg	200	360	277.0	-	318.3	-	-13.0
48	GHIA TORRI	1 Kg	50	150	97.0	-	99.4	-	-2.4
49	COCUMBER (KHEERA)	1 Kg	50	80	66.0	-	55.6	-	18.7
50	LEMON	250 gm	70	250	168.0	-	-	-	-
<b>Fruits</b>									
51	APPLE SUPERIOR QUALITY	kg	320	480	392.0	360.8	342.9	8.6	14.3
52	APPLE AVERAGE QUALITY	kg	200	350	264.0	243.9	231.2	8.3	14.2
53	BANANA	Dozen	140	280	188.0	197.1	159.4	-4.6	17.9
54	DATES (IRANI)	kg	450	600	508.0	523.2	538.9	-2.9	-5.7
55	GUAVA	kg	140	280	185.0	161.8	193.3	14.4	-4.3
<b>Household Essentials</b>									
56	L.P.G	kg	240	330	298.0	299.1	-	-0.4	-
57	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	166.0	166.6	-	-0.4	-
58	LIFE BUOY (128 gm)	Cake	105	128	118.0	115.4	100.6	2.2	17.3
59	LUX SOAP (WHITE) (98gm)	Cake	100	120	108.0	106.4	-	1.6	-
60	WASHING SOAP (SUFU) (250g)	Cake	120	135	128.0	129.7	129.7	-1.3	-1.3
61	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49.0	49.9	-	-1.8	-
62	SURF EXCEL	500 g	270	300	282.0	277.2	-	1.7	-
63	SURF BONUS	kg	220	230	229.0	229.9	-	-0.4	-
64	COLD DRINK (COKE/PEPSI)	1.5 Liter	180	210	195.0	194.2	-	0.4	-
65	TOOTH PASTE (COLGATE)	100 g	200	220	209.0	208.0	-	0.5	-
66	MATCHES 50 STICKS	Each	5	7	6.0	6.2	6.3	-3.5	-5.2
67	MUSTARD OIL (LOCAL)	kg	480	660	554.0	560.1	536.3	-1.1	3.3
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140 g	380	400	399.0	399.2	-	-0.1	-
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	250	239.0	239.2	220.7	-0.1	8.3
70	TEA PREPARED (Sada)	Cup	50	70	62.0	62.8	60.0	-1.3	3.3

(-) Data not available.

Source: Bureau of Statistics, Punjab.

Increasing Decreasing or constant



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
			Apr-25	May-24	Apr-25	May-24			
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	75	73	85	100	-14.12	-27
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	80	80	80	88	110	-9.09	-27.27
3	WHEAT ATTA (THAILA)	10Kg	670	730	712	808.67	0	0	0
4	MAIDA	kg	90	100	98	102.33	165	-4.23	-40.61
5	RAWA/SUJI	Kg	90	100	98	102.33	165	-4.23	-40.61
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	525	515	532	415	-3.2	24.1
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,860	2853	2882	2450	-1.01	16.45
8	COOKING OIL DALDA (CARTON)	5Litre	2,860	2,895	2883	2912	2560	-1	12.62
9	BAISAN (GROUND GRAM)	Kg	320	320	320	307.17	245	4.18	30.61
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	350	328	326	310	0.61	5.81
11	RICE BASMATI (AVERAGE QUALITY)	Kg	260	280	267	267	0	0	0
12	BROKEN BASMATI	Kg	160	180	167	166.33	220	0.4	-24.09
13	GRAM (BLACK)	Kg	300	300	300	303.33	245	-1.1	22.45
14	GRAM (WHITE)	Kg	350	360	357	346.83	0	0	0
15	GRAM DAL	Kg	300	310	303	309.83	245	-2.2	23.67
16	MASOOR (WHOLE)	Kg	300	300	300	295.5	290	1.52	3.45
17	MASOOR (DAL)	Kg	280	320	293	288.5	305	1.56	-3.93
18	MASH DAL (WASHED)	Kg	530	600	560	560	500	0	12
19	MOONG (WHOLE)	Kg	380	400	393	393	295	0	33.22
20	MOONG DAL (WASHED)	Kg	380	400	387	387	295	0	31.19
21	CHILLIES (GROUND)	250g	200	200	200	200	145	0	37.93
22	SUGAR WHITE	Kg	165	170	166	165	140	0.61	18.57
23	GUR	Kg	200	240	213	207	200	2.9	6.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70.5	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	102	103	110	-0.97	-7.27
26	DOUBLE ROTI DAWN	360g	110	120	113	113	120	0	-5.83
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	411	480	458	405.5	283.33	12.95	61.65
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	630	690	670	598.5	413.33	11.95	62.1
30	MUTTON	Kg	1,800	2,200	2067	2067	1800	0	14.83
31	BEEF WITH BONE	Kg	1,100	1,200	1167	1167	1000	0	16.7
32	EGGS (FARM)	Dozen	280	280	280	213	240	31.46	16.67
33	MILK (FRESH)	Litre	170	180	173	172	175	0.58	-1.14
34	CURD (fresh)	Kg	200	210	202	200	190	1	6.32
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	90	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	330	370	352	487.17	490	-27.75	-28.16
37	GINGER	250g	90	180	122	109.5	135	11.42	-9.63
38	POTATOES	Kg	50	70	60	60	75	0	-20
39	ONIONS	Kg	40	50	43	52.17	130	-17.58	-66.92



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT BAHAWALPUR ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
			Apr-25	May-24	Apr-25	May-24			
40	SPINACH	Kg	35	50	43	50	35	-14	22.86
41	TOMATOES	Kg	30	40	33	58.17	45	-43.27	-26.67
42	BRINJAL	Kg	50	90	75	59.33	71.67	26.41	4.65
43	BITTER GOURD	Kg	90	100	95	0	135	0	0
44	LADY FINGER	Kg	100	170	140	0	155	0	0
45	TINDA	Kg	140	200	178	0	170.83	0	0
46	GHIA KADDU	Kg	40	100	73	0	100	0	0
47	ARVI	Kg	250	280	267	0	310	0	0
48	GHIA TORRI	Kg	80	90	83	0	105	0	0
49	COCUMBER (KHEERA)	Kg	50	70	62	0	35	0	0
50	LEMON	250g	160	200	187	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	307	307	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	200	167	167	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	125	122	122	95	0	28.42
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	125	130	127	129.5	135	-1.93	-5.93
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	290	290	290	276.67	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6.5	0	7.69
62	MUSTARD OIL (LOCAL)	Kg	500	520	513	506.33	490	1.32	4.69
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	400	480	432	360	298.33	20	44.81
64	APPLE AVERAGE QUALITY	Kg	310	350	335	257	201.67	30.35	66.11
65	BANANA	Dozen	160	230	188	200	157.5	-6	19.37
66	DATES (IRANI)	Kg	550	550	550	551.33	600	-0.24	-8.33
67	GUAVA	Kg	160	180	168	144.17	165	16.53	1.82
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237	220	0	7.73
70	TEA PREPARED (Sada)	Cup	50	60	57	57	60	0	-5

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					16-05-2025	Apr-25	May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	75	75	88	90	-14.77	-16.67
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	75	80	78	97	110	-19.59	-29.09
3	WHEAT ATTA (THAILA)	10Kg	700	720	717	801.5	0	0	0
4	MAIDA	kg	80	110	92	118	160	-22.03	-42.5
5	RAWA/SUJI	Kg	80	110	92	118	160	-22.03	-42.5
6	VEG. GHEE (POUCH) (LOCAL)	kg	510	530	524	536.33	440	-2.3	19.09
7	VEG. GHEE DALDA (CARTON)	5Kg	2,880	2,900	2897	2885	2550	0.42	13.61
8	COOKING OIL DALDA (CARTON)	5Litre	2,880	2,950	2930	2932	2650	-0.07	10.57
9	BAISAN (GROUND GRAM)	Kg	300	320	305	345	265	-11.59	15.09
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	340	325	328	335	-0.91	-2.99
11	RICE BASMATI (AVERAGE QUALITY)	Kg	270	290	282	277.83	0	0	0
12	BROKEN BASMATI	Kg	200	220	203	220	265	-7.73	-23.4
13	GRAM (BLACK)	Kg	290	320	307	318	255	-3.46	20.39
14	GRAM (WHITE)	Kg	350	380	360	373	0	0	0
15	GRAM DAL	Kg	320	330	325	328	265	-0.91	22.64
16	MASOOR (WHOLE)	Kg	290	320	305	302	330	0.99	-7.58
17	MASOOR (DAL)	Kg	280	320	298	322	345	-7.45	-13.62
18	MASH DAL (WASHED)	Kg	500	540	518	548	585	-5.47	-11.45
19	MOONG (WHOLE)	Kg	350	390	375	373	285	0.54	31.58
20	MOONG DAL (WASHED)	Kg	390	410	402	402.17	315	-0.04	27.62
21	CHILLIES (GROUND)	250g	180	200	197	197	195	0	1.03
22	SUGAR WHITE	Kg	165	170	168	164.33	140	2.23	20
23	GUR	Kg	200	210	202	203	195	-0.49	3.59
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	120	118	118	130	0	-9.23
26	DOUBLE ROTI DAWN	360g	120	120	120	120	120	0	0
27	TANORI ROTI	100g	12	15	14	15	15	-6.67	-6.67
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	415	470	434	411.17	296.67	5.55	46.29
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	580	740	633	609.17	439.17	3.91	44.14
30	MUTTON	Kg	1,900	2,000	1983	1850	1675	7.19	18.39
31	BEEF WITH BONE	Kg	1,000	1,100	1017	933	875	9	16.23
32	EGGS (FARM)	Dozen	230	280	262	217.17	257.5	20.64	1.75
33	MILK (FRESH)	Litre	160	180	175	175	160	0	9.38
34	CURD (fresh)	Kg	200	240	230	217.5	200	5.75	15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	91	91	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	300	400	337	511.17	555	-34.07	-39.28
37	GINGER	250g	180	200	193	122.33	145	57.77	33.1
38	POTATOES	Kg	50	60	55	56.67	98.33	-2.95	-44.07
39	ONIONS	Kg	30	40	37	46.33	120	-20.14	-69.17



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT D.G.KHAN ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
40	SPINACH	Kg	50	70	60	52.33	65	14.66	-7.69
41	TOMATOES	Kg	30	40	35	54.33	56.67	-35.58	-38.24
42	BRINJAL	Kg	60	90	78	70.33	96.67	10.91	-19.31
43	BITTER GOURD	Kg	60	80	68	0	90	0	0
44	LADY FINGER	Kg	100	150	133	0	161.67	0	0
45	TINDA	Kg	120	160	132	0	106.67	0	0
46	GHIA KADDU	Kg	50	60	53	0	76.67	0	0
47	ARVI	Kg	350	360	353	0	306.67	0	0
48	GHIA TORRI	Kg	50	80	68	0	85	0	0
49	COCUMBER (KHEERA)	Kg	50	70	60	0	61.67	0	0
50	LEMON	250g	180	250	230	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	310	303	298	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	149.5	0	0	0
53	LIFE BUOY (128 gm)	Cake	120	125	124	114	95	8.77	30.53
54	LUX SOAP (WHITE) (98gm)	Cake	110	120	117	110	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	270	290	285	272	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	193	193	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	220	213	207	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	7	0	0
62	MUSTARD OIL (LOCAL)	Kg	550	600	562	598.33	541.67	-6.07	3.75
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	350	400	392	383	325	2.35	20.62
64	APPLE AVERAGE QUALITY	Kg	250	300	292	283	225	3.18	29.78
65	BANANA	Dozen	200	280	228	235	175	-2.98	30.29
66	DATES (IRANI)	Kg	500	550	508	542	575	-6.27	-11.65
67	GUAVA	Kg	150	200	180	177	200	1.69	-10
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	239.67	220	0.14	9.09
70	TEA PREPARED (Sada)	Cup	60	70	68	68	60	0	13.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	80	80	90	92.5	-11.11	-13.51
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	90	88	98	110	-10.2	-20
3	WHEAT ATTA (THAILA)	10Kg	750	750	750	850	0	0	0
4	MAIDA	kg	110	120	115	125	140	-8	-17.86
5	RAWA/SUJI	Kg	110	120	115	125	140	-8	-17.86
6	VEG. GHEE (POUCH) (LOCAL)	kg	500	520	510	490	472.5	4.08	7.94
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,900	2875	2875	2490	0	15.46
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,950	2925	2925	2650	0	10.38
9	BAISAN (GROUND GRAM)	Kg	330	340	335	335	245	0	36.73
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	330	340	335	335	315	0	6.35
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	245	245	0	0	0
12	BROKEN BASMATI	Kg	190	200	195	195	210	0	-7.14
13	GRAM (BLACK)	Kg	320	330	325	325	235	0	38.3
14	GRAM (WHITE)	Kg	310	320	315	315	0	0	0
15	GRAM DAL	Kg	330	340	335	335	230	0	45.65
16	MASOOR (WHOLE)	Kg	300	320	310	310	325	0	-4.62
17	MASOOR (DAL)	Kg	320	340	330	330	295	0	11.86
18	MASH DAL (WASHED)	Kg	520	540	530	530	535	0	-0.93
19	MOONG (WHOLE)	Kg	340	350	345	345	255	0	35.29
20	MOONG DAL (WASHED)	Kg	380	400	390	390	275	0	41.82
21	CHILLIES (GROUND)	250g	220	240	230	210	155	9.52	48.39
22	SUGAR WHITE	Kg	170	170	170	170	142.5	0	19.3
23	GUR	Kg	200	220	210	210	210	0	0
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100	110	0	-9.09
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	13	13	13	15	15	-13.33	-13.33
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	420	430	425	440.83	314.92	-3.59	34.95
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	650	660	655	640	447.92	2.34	46.23
30	MUTTON	Kg	1,900	2,000	1950	1950	1900	0	2.63
31	BEEF WITH BONE	Kg	850	900	875	875	875	0	0
32	EGGS (FARMI)	Dozen	280	290	285	225	225	26.67	26.67
33	MILK (FRESH)	Litre	190	200	195	195	195	0	0
34	CURD (fresh)	Kg	220	240	230	230	200	0	15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	100	100	100	100	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	300	350	325	425	373.33	-23.53	-12.95
37	GINGER	250g	150	160	155	105	171.67	47.62	-9.71
38	POTATOES	Kg	50	60	55	55	86.25	0	-36.23
39	ONIONS	Kg	35	40	38	45	111.25	-15.56	-65.84



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT FAISALABAD ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Apr-25	May-24	Apr-25	May-24	
40	SPINACH	Kg	50	60	55	53.33	45	3.13	22.22
41	TOMATOES	Kg	50	60	55	73.33	68.33	-25	-19.51
42	BRINJAL	Kg	70	80	75	88.33	112.5	-15.09	-33.33
43	BITTER GOURD	Kg	100	110	105	0	105	0	0
44	LADY FINGER	Kg	180	200	190	0	213.33	0	0
45	TINDA	Kg	200	210	205	0	231.67	0	0
46	GHIA KADDU	Kg	60	70	65	0	106.67	0	0
47	ARVI	Kg	260	280	270	0	313.33	0	0
48	GHIA TORRI	Kg	110	120	115	0	103.33	0	0
49	COCUMBER (KHEERA)	Kg	70	80	75	0	62.08	0	0
50	LEMON	250g	180	200	190	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	310	295	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	115	115	115	115	0	0
54	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	274	280	277	277	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	200	190	190.83	0	0	0
60	TOOTH PASTE (COLGATE)	100g	200	200	200	200	0	0	0
61	MATCHES 50 STICKS	Each	6	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	530	570	550	550	425	0	29.41
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	380	400	390	360.83	345	8.08	13.04
64	APPLE AVERAGE QUALITY	Kg	280	300	290	285.83	238.33	1.46	21.68
65	BANANA	Dozen	150	170	160	190	130	-15.79	23.08
66	DATES (IRANI)	Kg	450	500	475	525	475	-9.52	0
67	GUAVA	Kg	180	200	190	187.5	125	1.33	52
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	60	60	60	60	0	0

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	85	81	91.17	100	-11.15	-19
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	90	90	102	110	-11.76	-18.18
3	WHEAT ATTA (THAILA)	10Kg	720	800	773	829	0	0	0
4	MAIDA	kg	110	150	127	119.33	160	6.43	-20.63
5	RAWA/SUJI	Kg	110	150	128	127.67	170	0.26	-24.71
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	470	458	463	400	-1.08	14.5
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,850	2832	2837.5	2460	-0.19	15.12
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,850	2832	2837.5	2625	-0.19	7.89
9	BAISAN (GROUND GRAM)	Kg	300	310	302	302	250	0	20.8
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	310	340	325	327.83	310	-0.86	4.84
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	260	258	259.17	0	0	0
12	BROKEN BASMATI	Kg	170	200	185	188	210	-1.6	-11.9
13	GRAM (BLACK)	Kg	280	300	292	286.67	245	1.86	19.18
14	GRAM (WHITE)	Kg	290	360	318	332	0	0	0
15	GRAM DAL	Kg	290	300	295	285.33	245	3.39	20.41
16	MASOOR (WHOLE)	Kg	270	300	285	295	315	-3.39	-9.52
17	MASOOR (DAL)	Kg	310	320	318	310.83	310	2.31	2.58
18	MASH DAL (WASHED)	Kg	470	550	502	498.67	515	0.67	-2.52
19	MOONG (WHOLE)	Kg	390	400	398	395.83	285	0.55	39.65
20	MOONG DAL (WASHED)	Kg	430	440	435	409	295	6.36	47.46
21	CHILLIES (GROUND)	250g	200	250	220	203	165	8.37	33.33
22	SUGAR WHITE	Kg	170	180	177	170.5	147.5	3.81	20
23	GUR	Kg	200	260	230	230	205	0	12.2
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	110	120	0	-8.33
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	456	441	404.67	322.83	8.98	36.6
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	685	710	692	621	484.17	11.43	42.93
30	MUTTON	Kg	1,800	1,950	1883	1883	1775	0	6.08
31	BEEF WITH BONE	Kg	900	950	917	917	800	0	14.63
32	EGGS (FARM)	Dozen	220	276	239	229.17	265	4.29	-9.81
33	MILK (FRESH)	Litre	200	200	200	200	210	0	-4.76
34	CURD (fresh)	Kg	220	240	233	233	215	0	8.37
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	97	97	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	350	550	428	464	573.33	-7.76	-25.35
37	GINGER	250g	180	230	205	105.5	137.5	94.31	49.09
38	POTATOES	Kg	50	60	55	63.33	95	-13.15	-42.11
39	ONIONS	Kg	50	60	52	56	95.83	-7.14	-45.74



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT GUJRANWALA ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
			Apr-25	May-24	Apr-25	May-24	Apr-25	May-24	
40	SPINACH	Kg	50	60	55	53.17	73.33	3.44	-25
41	TOMATOES	Kg	60	60	60	77.83	87.5	-22.91	-31.43
42	BRINJAL	Kg	80	110	88	79.5	108.33	10.69	-18.77
43	BITTER GOURD	Kg	100	130	112	0	109.17	0	0
44	LADY FINGER	Kg	140	160	150	0	225.83	0	0
45	TINDA	Kg	180	220	197	0	178.33	0	0
46	GHIA KADDU	Kg	60	80	73	0	90	0	0
47	ARVI	Kg	270	350	307	0	265	0	0
48	GHIA TORRI	Kg	100	150	125	0	120	0	0
49	COCUMBER (KHEERA)	Kg	60	80	67	0	65	0	0
50	LEMON	250g	150	200	182	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	290	300	293	300	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	110	125	120	118.83	95	0.98	26.32
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	110	0	0	0
55	WASHING SOAP (SUF1) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	280	290	287	284.67	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	190	200	197	189.33	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	212	210	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	550	600	583	583	635	0	-8.19
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	320	400	368	337	340	9.2	8.24
64	APPLE AVERAGE QUALITY	Kg	240	280	265	228	260.83	16.23	1.6
65	BANANA	Dozen	180	200	190	173	140	9.83	35.71
66	DATES (IRANI)	Kg	500	550	517	492	475	5.08	8.84
67	GUAVA	Kg	180	200	193	168	275	14.88	-29.82
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	380	400	393	393	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	250	247	247.17	221.67	-0.07	11.43
70	TEA PREPARED (Sada)	Cup	60	70	67	67	60	0	11.67

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					16-05-2025	Apr-25	May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	90	84	93.17	100	-9.84	-16
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	120	103	114.33	125	-9.91	-17.6
3	WHEAT ATTA (THAILA)	10Kg	700	760	733	845.17	0	0	0
4	MAIDA	kg	110	120	116	129.17	145	-10.2	-20
5	RAWA/SUJI	Kg	110	120	117	130.67	155	-10.46	-24.52
6	VEG. GHEE (POUCH) (LOCAL)	kg	450	530	503	516.5	435	-2.61	15.63
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,950	2869	2854.33	2475	0.51	15.92
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,980	2914	2912.33	2601.67	0.06	12
9	BAISAN (GROUND GRAM)	Kg	290	320	308	338.67	275	-9.06	12
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	380	345	352.33	355	-2.08	-2.82
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	330	285	285.17	0	0	0
12	BROKEN BASMATI	Kg	180	250	219	218.5	230	0.23	-4.78
13	GRAM (BLACK)	Kg	270	320	298	310.5	245	-4.03	21.63
14	GRAM (WHITE)	Kg	300	320	313	319.17	0	0	0
15	GRAM DAL	Kg	270	310	288	307.17	245	-6.24	17.55
16	MASOOR (WHOLE)	Kg	300	340	316	325.83	325	-3.02	-2.77
17	MASOOR (DAL)	Kg	320	350	335	342.17	330	-2.1	1.52
18	MASH DAL (WASHED)	Kg	450	500	474	524.83	565	-9.69	-16.11
19	MOONG (WHOLE)	Kg	320	330	324	329.17	300	-1.57	8
20	MOONG DAL (WASHED)	Kg	320	350	336	344.83	310	-2.56	8.39
21	CHILLIES (GROUND)	250g	180	210	198	196	190	1.02	4.21
22	SUGAR WHITE	Kg	165	175	170	174.33	142.5	-2.48	19.3
23	GUR	Kg	180	230	209	212.67	210	-1.73	-0.48
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	80	75	74.5	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	120	108	108.17	110	-0.16	-1.82
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	14	15	15	15	15.67	0	-4.28
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	383	480	422	440.5	310	-4.2	36.13
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	595	700	659	585	449.5	12.65	46.61
30	MUTTON	Kg	1,800	2,100	1975	1973.75	2050	0.06	-3.66
31	BEEF WITH BONE	Kg	900	1,100	1013	1013	950	0	6.63
32	EGGS (FARMI)	Dozen	275	282	280	226.33	260.83	23.71	7.35
33	MILK (FRESH)	Litre	180	200	196	195.67	200	0.17	-2
34	CURD (fresh)	Kg	200	240	224	224.17	220	-0.08	1.82
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	93.67	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	510	440	527.67	625	-16.61	-29.6
37	GINGER	250g	120	250	174	122	155	42.62	12.26
38	POTATOES	Kg	50	70	59	60.17	90	-1.94	-34.44
39	ONIONS	Kg	40	50	49	51.83	90	-5.46	-45.56



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT LAHORE ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
					Apr-25	May-24	Apr-25	May-24	
40	SPINACH	Kg	50	90	60	60.5	45	-0.83	33.33
41	TOMATOES	Kg	50	80	60	85	57.5	-29.41	4.35
42	BRINJAL	Kg	60	100	80	90.17	105	-11.28	-23.81
43	BITTER GOURD	Kg	90	130	108	0	110	0	0
44	LADY FINGER	Kg	130	160	151	0	185	0	0
45	TINDA	Kg	90	230	136	0	160	0	0
46	GHIA KADDU	Kg	50	100	74	0	90	0	0
47	ARVI	Kg	220	330	256	0	275	0	0
48	GHIA TORRI	Kg	90	150	116	0	125	0	0
49	COCUMBER (KHEERA)	Kg	70	80	75	0	65	0	0
50	LEMON	250g	80	180	120	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	250	310	285	299.5	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	220	180	177.83	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	128	121	109.5	115	10.5	5.22
54	LUX SOAP (WHITE) (98gm)	Cake	100	115	106	103	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	120	135	128	128.5	130	-0.39	-1.54
56	LEMON MAX (DISH WASH) (165gm)	Cake	45	50	49	49.17	0	0	0
57	SURF EXCEL	500g	274	300	285	275.5	0	0	0
58	SURF BONUS	Kg	220	230	229	228.83	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	199	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	220	213	205	0	0	0
61	MATCHES 50 STICKS	Each	5	7	7	6	6.5	16.67	7.69
62	MUSTARD OIL (LOCAL)	Kg	500	600	571	572.5	590	-0.26	-3.22
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	350	450	384	349.83	335	9.77	14.63
64	APPLE AVERAGE QUALITY	Kg	220	280	246	208.17	255	18.17	-3.53
65	BANANA	Dozen	150	250	185	185.83	165	-0.45	12.12
66	DATES (IRANI)	Kg	450	600	516	552.17	475	-6.55	8.63
67	GUAVA	Kg	160	200	180	165	195	9.09	-7.69
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	220	240	235	235	220	0	6.82
70	TEA PREPARED (Sada)	Cup	50	60	58	57.67	60	0.57	-3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	80	80	80	85.17	90	-6.07	-11.11
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	85	85	90.67	107.5	-6.25	-20.93
3	WHEAT ATTA (THAILA)	10Kg	750	750	750	839	0	0	0
4	MAIDA	kg	120	120	120	127.5	160	-5.88	-25
5	RAWA/SUJI	Kg	120	120	120	127.5	160	-5.88	-25
6	VEG. GHEE (POUCH) (LOCAL)	kg	520	520	520	540	460	-3.7	13.04
7	VEG. GHEE DALDA (CARTON)	5Kg	2,850	2,850	2850	2850	2550	0	11.76
8	COOKING OIL DALDA (CARTON)	5Litre	2,875	2,875	2875	2890	2650	-0.52	8.49
9	BAISAN (GROUND GRAM)	Kg	290	300	295	333.33	265	-11.5	11.32
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	320	320	320	337.67	330	-5.23	-3.03
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	250	245	256	0	0	0
12	BROKEN BASMATI	Kg	190	200	198	200	255	-1	-22.35
13	GRAM (BLACK)	Kg	320	320	320	340.83	250	-6.11	28
14	GRAM (WHITE)	Kg	350	350	350	340	0	0	0
15	GRAM DAL	Kg	300	300	300	338.83	270	-11.46	11.11
16	MASOOR (WHOLE)	Kg	310	310	310	320	330	-3.13	-6.06
17	MASOOR (DAL)	Kg	320	320	320	330	340	-3.03	-5.88
18	MASH DAL (WASHED)	Kg	540	550	545	554.33	580	-1.68	-6.03
19	MOONG (WHOLE)	Kg	390	400	393	338.5	280	16.1	40.36
20	MOONG DAL (WASHED)	Kg	400	410	403	348.5	315	15.64	27.94
21	CHILLIES (GROUND)	250g	200	200	200	200	200	0	0
22	SUGAR WHITE	Kg	170	170	170	170	146.67	0	15.91
23	GUR	Kg	220	230	223	226.5	200	-1.55	11.5
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	110	110	110	100	130	10	-15.38
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	20	0	-25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	530	540	538	430.67	309.17	24.92	74.01
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	650	660	655	569.67	414.17	14.98	58.15
30	MUTTON	Kg	1,900	1,900	1900	1900	1800	0	5.56
31	BEEF WITH BONE	Kg	900	900	900	900	900	0	0
32	EGGS (FARM)	Dozen	280	280	280	209.83	252.5	33.44	10.89
33	MILK (FRESH)	Litre	180	180	180	180	170	0	5.88
34	CURD (fresh)	Kg	230	240	233	200	225	16.5	3.56
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	90	90	87.33	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	290	300	295	471	485.83	-37.37	-39.28
37	GINGER	250g	180	200	185	115.67	155.83	59.94	18.72
38	POTATOES	Kg	60	60	60	58.5	90	2.56	-33.33
39	ONIONS	Kg	30	30	30	44.83	95	-33.08	-68.42



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT MULTAN ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
40	SPINACH	Kg	40	40	40	38.83	60	3.01	-33.33
41	TOMATOES	Kg	30	30	30	51.33	34.17	-41.55	-12.2
42	BRINJAL	Kg	60	80	68	77.67	100	-12.45	-32
43	BITTER GOURD	Kg	80	80	80	0	91.67	0	0
44	LADY FINGER	Kg	120	160	143	0	170	0	0
45	TINDA	Kg	200	200	200	0	178.33	0	0
46	GHIA KADDU	Kg	70	80	78	0	80	0	0
47	ARVI	Kg	240	250	248	0	385.83	0	0
48	GHIA TORRI	Kg	60	60	60	0	80	0	0
49	COCUMBER (KHEERA)	Kg	50	60	53	0	46.67	0	0
50	LEMON	250g	150	150	150	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	280	280	280	289.33	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	150	150	150	150	0	0	0
53	LIFE BUOY (128 gm)	Cake	115	115	115	115	95	0	21.05
54	LUX SOAP (WHITE) (98gm)	Cake	100	100	100	100	0	0	0
55	WASHING SOAP (SUF) (250g)	Cake	130	130	130	130	125	0	4
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	274	274	274	274	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	180	180	180	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	7	7	7	7	6	0	16.67
62	MUSTARD OIL (LOCAL)	Kg	590	600	593	581	535	2.07	10.84
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	380	420	400	402.5	380	-0.62	5.26
64	APPLE AVERAGE QUALITY	Kg	230	260	248	247.33	240	0.27	3.33
65	BANANA	Dozen	160	180	175	212.5	146.67	-17.65	19.32
66	DATES (IRANI)	Kg	540	540	540	548.5	585	-1.55	-7.69
67	GUAVA	Kg	160	160	160	173.33	170	-7.69	-5.88
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240	220	0	9.09
70	TEA PREPARED (Sada)	Cup	60	70	63	65.17	60	-3.33	5

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	90	83	94.17	120	-11.86	-30.83
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	90	120	108	116.33	130	-7.16	-16.92
3	WHEAT ATTA (THAILA)	10Kg	750	850	818	874.83	0	0	0
4	MAIDA	kg	120	130	123	140	155	-12.14	-20.65
5	RAWA/SUJI	Kg	120	130	127	134.83	165	-5.81	-23.03
6	VEG. GHEE (POUCH) (LOCAL)	kg	415	520	483	491.17	470	-1.66	2.77
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,880	2843	2875.33	2505	-1.12	13.49
8	COOKING OIL DALDA (CARTON)	5Litre	2,800	2,880	2859	2898.17	2575	-1.35	11.03
9	BAISAN (GROUND GRAM)	Kg	300	328	313	337.83	270	-7.35	15.93
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	360	380	372	378.33	350	-1.67	6.29
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	280	267	272.67	0	0	0
12	BROKEN BASMATI	Kg	180	240	215	223.83	250	-3.94	-14
13	GRAM (BLACK)	Kg	280	370	335	360.17	250	-6.99	34
14	GRAM (WHITE)	Kg	330	360	350	352.33	0	0	0
15	GRAM DAL	Kg	300	340	317	328.83	255	-3.6	24.31
16	MASOOR (WHOLE)	Kg	290	360	323	322.67	315	0.1	2.54
17	MASOOR (DAL)	Kg	320	360	335	343.17	325	-2.38	3.08
18	MASH DAL (WASHED)	Kg	460	510	488	532.17	525	-8.3	-7.05
19	MOONG (WHOLE)	Kg	350	380	367	358	300	2.51	22.33
20	MOONG DAL (WASHED)	Kg	370	400	385	381.5	315	0.92	22.22
21	CHILLIES (GROUND)	250g	180	240	210	205.5	215	2.19	-2.33
22	SUGAR WHITE	Kg	170	180	175	171.17	145	2.24	20.69
23	GUR	Kg	200	250	228	227.33	215	0.29	6.05
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	74.83	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	110	105	105.17	110	-0.16	-4.55
26	DOUBLE ROTI DAWN	360g	110	120	117	117.17	120	-0.15	-2.5
27	TANORI ROTI	100g	15	15	15	15	16	0	-6.25
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	405	465	447	416.83	311.33	7.24	43.58
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	670	680	672	626.33	458.17	7.29	46.67
30	MUTTON	Kg	1,800	2,200	2067	2079.25	1925	-0.59	7.38
31	BEEF WITH BONE	Kg	950	1,200	1108	1117.75	950	-0.87	16.63
32	EGGS (FARM)	Dozen	280	290	286	229.83	266.67	24.44	7.25
33	MILK (FRESH)	Litre	160	220	198	199.67	200	-0.84	-1
34	CURD (fresh)	Kg	190	240	222	223.17	220	-0.52	0.91
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	92.83	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	440	530	495	559.5	750	-11.53	-34
37	GINGER	250g	140	260	213	129	198.33	65.12	7.4
38	POTATOES	Kg	50	70	61	73	110	-16.44	-44.55
39	ONIONS	Kg	35	60	49	66	105.83	-25.76	-53.7



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT RAWALPINDI ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average 16-05-2025	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		3rd week of		3rd week of	
			Apr-25	May-24	Apr-25	May-24	Apr-25	May-24	
40	SPINACH	Kg	50	60	55	59.33	60	-7.3	-8.33
41	TOMATOES	Kg	60	70	63	77.67	93.33	-18.89	-32.5
42	BRINJAL	Kg	80	130	110	104.33	143.33	5.43	-23.25
43	BITTER GOURD	Kg	90	150	128	0	148.33	0	0
44	LADY FINGER	Kg	130	140	138	0	195	0	0
45	TINDA	Kg	70	130	108	0	152.5	0	0
46	GHIA KADDU	Kg	70	120	98	0	140	0	0
47	ARVI	Kg	210	250	233	0	342.5	0	0
48	GHIA TORRI	Kg	100	130	118	0	129.17	0	0
49	COCUMBER (KHEERA)	Kg	60	80	70	0	75	0	0
50	LEMON	250g	150	230	200	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	240	330	296	287.83	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	178	178	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	125	118	112.17	95	5.2	24.21
54	LUX SOAP (WHITE) (98gm)	Cake	100	120	113	107.17	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	135	131	136	130	-3.68	0.77
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	275	290	284	275	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	180	210	198	195.17	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	5	0	0
62	MUSTARD OIL (LOCAL)	Kg	550	660	612	625.83	575	-2.21	6.43
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	340	440	395	341.33	370	15.72	6.76
64	APPLE AVERAGE QUALITY	Kg	230	250	242	226.83	200	6.69	21
65	BANANA	Dozen	140	170	152	150	165	1.33	-7.88
66	DATES (IRANI)	Kg	480	550	505	512.83	675	-1.53	-25.19
67	GUAVA	Kg	140	280	218	136.67	245	59.51	-11.02
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	230	240	237	237.17	224.17	-0.07	5.72
70	TEA PREPARED (Sada)	Cup	60	70	62	63.5	60	-2.36	3.33

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	75	80	78	84	80	-7.14	-2.5
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	75	80	79	87.5	100	-9.71	-21
3	WHEAT ATTA (THAILA)	10Kg	700	730	718	779	0	0	0
4	MAIDA	kg	100	110	105	113	125	-7.08	-16
5	RAWA/SUJI	Kg	100	110	105	113	125	-7.08	-16
6	VEG. GHEE (POUCH) (LOCAL)	kg	440	450	443	465	430	-4.73	3.02
7	VEG. GHEE DALDA (CARTON)	5Kg	2,800	2,820	2805	2925	2550	-4.1	10
8	COOKING OIL DALDA (CARTON)	5Litre	2,850	2,860	2853	2938	2650	-2.89	7.66
9	BAISAN (GROUND GRAM)	Kg	290	300	298	298	265	0	12.45
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	318	310	340	2.58	-6.47
11	RICE BASMATI (AVERAGE QUALITY)	Kg	240	270	255	243	0	0	0
12	BROKEN BASMATI	Kg	200	220	210	215	235	-2.33	-10.64
13	GRAM (BLACK)	Kg	290	300	298	310	250	-3.87	19.2
14	GRAM (WHITE)	Kg	300	320	310	310	0	0	0
15	GRAM DAL	Kg	300	320	305	325	225	-6.15	35.56
16	MASOOR (WHOLE)	Kg	300	320	305	305.83	270	-0.27	12.96
17	MASOOR (DAL)	Kg	300	320	310	316.67	280	-2.11	10.71
18	MASH DAL (WASHED)	Kg	440	460	450	465	510	-3.23	-11.76
19	MOONG (WHOLE)	Kg	380	400	393	385	280	2.08	40.36
20	MOONG DAL (WASHED)	Kg	400	400	400	395	310	1.27	29.03
21	CHILLIES (GROUND)	250g	170	180	178	178	210	0	-15.24
22	SUGAR WHITE	Kg	170	172	171	169	140	1.18	22.14
23	GUR	Kg	200	220	205	205	190	0	7.89
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	80	80	80	80	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	105	101	101	120	0	-15.83
26	DOUBLE ROTI DAWN	360g	110	110	110	110	120	0	-8.33
27	TANORI ROTI	100g	15	15	15	15	15	0	0
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	410	413	412	478.67	301.67	-13.93	36.57
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	600	600	600	632.33	420	-5.11	42.86
30	MUTTON	Kg	1,800	1,900	1875	1850	2000	1.35	-6.25
31	BEEF WITH BONE	Kg	850	900	888	838	875	5.97	1.49
32	EGGS (FARM)	Dozen	280	282	282	225.67	249.33	24.96	13.1
33	MILK (FRESH)	Litre	150	160	155	155	135	0	14.81
34	CURD (fresh)	Kg	180	200	190	190	165	0	15.15
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	95	93	93	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	430	450	443	575.67	625	-23.05	-29.12
37	GINGER	250g	200	220	210	137.17	150	53.09	40
38	POTATOES	Kg	50	60	55	55	70	0	-21.43
39	ONIONS	Kg	30	40	35	45	100	-22.22	-65



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SAHIWAL ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
40	SPINACH	Kg	30	40	38	44	55	-13.64	-30.91
41	TOMATOES	Kg	30	40	38	62.33	70	-39.03	-45.71
42	BRINJAL	Kg	70	80	73	54.5	80	33.94	-8.75
43	BITTER GOURD	Kg	80	100	95	0	82.5	0	0
44	LADY FINGER	Kg	120	140	128	0	190	0	0
45	TINDA	Kg	150	160	153	0	140.83	0	0
46	GHIA KADDU	Kg	50	60	53	0	90	0	0
47	ARVI	Kg	260	280	270	0	323.33	0	0
48	GHIA TORRI	Kg	80	100	90	0	75	0	0
49	COCUMBER (KHEERA)	Kg	60	70	65	0	45	0	0
50	LEMON	250g	70	80	75	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	300	320	305	310	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	200	200	200	200	0	0	0
53	LIFE BUOY (128 gm)	Cake	125	125	125	125	100	0	25
54	LUX SOAP (WHITE) (98gm)	Cake	105	110	109	107.5	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	130	130	130	130	130	0	0
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	280	290	285	284.67	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	5	5	5	6	0	-16.67
62	MUSTARD OIL (LOCAL)	Kg	500	520	505	505	480	0	5.21
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	380	400	395	352.5	350	12.06	12.86
64	APPLE AVERAGE QUALITY	Kg	200	220	210	215	250	-2.33	-16
65	BANANA	Dozen	200	220	205	207.5	195.83	-1.2	4.68
66	DATES (IRANI)	Kg	460	480	465	478	500	-2.72	-7
67	GUAVA	Kg	200	200	200	130	208.33	53.85	-4
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	236.67	220	1.41	9.09
70	TEA PREPARED (Sada)	Cup	70	70	70	70	55	0	27.27

M.D. = Meat Less Day



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
<b>Staples</b>									
1	WHEAT ATTA LOOSE(MILL)	Kg	70	75	72	78.33	112.5	-8.08	-36
2	WHEAT ATTA LOOSE (CHAKKI)	Kg	85	88	86	92	115	-6.52	-25.22
3	WHEAT ATTA (THAILA)	10Kg	690	750	707	768.33	0	0	0
4	MAIDA	kg	110	130	117	130	135	-10	-13.33
5	RAWA/SUJI	Kg	110	130	117	130	135	-10	-13.33
6	VEG. GHEE (POUCH) (LOCAL)	kg	410	490	437	471.17	455	-7.25	-3.96
7	VEG. GHEE DALDA (CARTON)	5Kg	2,900	2,900	2900	2938	2507.5	-1.29	15.65
8	COOKING OIL DALDA (CARTON)	5Litre	2,900	2,930	2910	2947.67	2600	-1.28	11.92
9	BAISAN (GROUND GRAM)	Kg	320	340	325	335	255	-2.99	27.45
10	RICE BASMATI (SUPERIOR QUALITY)	Kg	300	330	317	316.33	310	0.21	2.26
11	RICE BASMATI (AVERAGE QUALITY)	Kg	250	280	263	263	0	0	0
12	BROKEN BASMATI	Kg	180	200	192	189.17	225	1.5	-14.67
13	GRAM (BLACK)	Kg	300	340	320	324.67	235	-1.44	36.17
14	GRAM (WHITE)	Kg	340	400	380	383.83	0	0	0
15	GRAM DAL	Kg	300	320	305	315.5	245	-3.33	24.49
16	MASOOR (WHOLE)	Kg	300	320	307	308.67	310	-0.54	-0.97
17	MASOOR (DAL)	Kg	320	330	323	324.5	325	-0.46	-0.62
18	MASH DAL (WASHED)	Kg	550	560	557	581.17	530	-4.16	5.09
19	MOONG (WHOLE)	Kg	340	340	340	343	275	-0.87	23.64
20	MOONG DAL (WASHED)	Kg	360	370	363	366	290	-0.82	25.17
21	CHILLIES (GROUND)	250g	200	250	227	220	175	3.18	29.71
22	SUGAR WHITE	Kg	165	175	170	169.83	142.5	0.1	19.3
23	GUR	Kg	200	220	207	212	210	-2.36	-1.43
24	SALT POWDERED PACK (NATIONAL/SHAN)	800g	70	70	70	70	0	0	0
25	DOUBLE ROTI (LOCAL)	400g	100	100	100	100.33	120	-0.33	-16.67
26	DOUBLE ROTI DAWN	360g	110	110	110	109.67	120	0.3	-8.33
27	TANORI ROTI	100g	13	14	13	14	20	-7.14	-35
<b>Dairy &amp; Meat</b>									
28	CHICKEN ALIVE (BROILER)	Kg	465	540	512	450.17	315	13.73	62.54
29	CHICKEN MEAT (BROILER) WITH ORGANS	Kg	660	700	677	594.67	448.75	13.84	50.86
30	MUTTON	Kg	1,850	2,000	1958	1958	1550	0	26.32
31	BEEF WITH BONE	Kg	1,100	1,100	1100	1062.5	725	3.53	51.72
32	EGGS (FARM)	Dozen	220	270	253	212.67	260.58	18.96	-2.91
33	MILK (FRESH)	Litre	150	170	160	161	150	-0.62	6.67
34	CURD (fresh)	Kg	190	220	207	201.33	165	2.82	25.45
35	MILK TETRA PACK ( MILK PACK / OLPER)	250ml	90	100	93	93.17	0	0	0
<b>Vegetables</b>									
36	GARLIC (CHINA)	Kg	400	500	433	591.67	657.5	-26.82	-34.14
37	GINGER	250g	130	200	178	121.33	155	46.71	14.84
38	POTATOES	Kg	50	60	55	67.33	90	-18.31	-38.89
39	ONIONS	Kg	40	60	48	44.5	88.33	7.87	-45.66



RETAIL PRICE OF 70 ESSENTIAL ARTICLES AT SARGODHA ON 16-05-2025

COMPARED WITH 3RD WEEK OF APR-25 , AND 3RD WEEK OF MAY-24

Sr. No.	Articles (Average Quality)	Unit	Retail Price on 16-05-2025		Average	Weekly Average of (Min+ Max) Retail Prices		% Change on Average Price (Min+ Max) Date Over	
			Min	Max		16-05-2025	3rd week of		3rd week of
					Apr-25		May-24	Apr-25	May-24
40	SPINACH	Kg	50	120	88	77	37.5	14.29	134.67
41	TOMATOES	Kg	50	60	58	68	48.33	-14.71	20.01
42	BRINJAL	Kg	80	120	100	89	80	12.36	25
43	BITTER GOURD	Kg	100	120	107	0	101.67	0	0
44	LADY FINGER	Kg	160	180	173	0	140.83	0	0
45	TINDA	Kg	120	160	143	0	118.33	0	0
46	GHIA KADDU	Kg	70	100	88	0	45	0	0
47	ARVI	Kg	200	350	295	0	343.33	0	0
48	GHIA TORRI	Kg	80	120	103	0	71.67	0	0
49	COCUMBER (KHEERA)	Kg	60	80	67	0	45	0	0
50	LEMON	250g	150	200	185	0	0	0	0
<b>Household Essentials</b>									
51	L.P.G	Kg	290	320	303	305.17	0	0	0
52	L.E.D (BULB) 12 W (LOCAL)	Each	170	180	177	177	0	0	0
53	LIFE BUOY (128 gm)	Cake	105	115	108	107.33	100	0.62	8
54	LUX SOAP (WHITE) (98gm)	Cake	110	110	110	109.5	0	0	0
55	WASHING SOAP (SUFU) (250g)	Cake	120	130	123	123	127.5	0	-3.53
56	LEMON MAX (DISH WASH) (165gm)	Cake	50	50	50	50	0	0	0
57	SURF EXCEL	500g	275	275	275	275	0	0	0
58	SURF BONUS	Kg	230	230	230	230	0	0	0
59	COLD DRINK (COKE/PEPSI)	1.5 Lit	200	200	200	200	0	0	0
60	TOOTH PASTE (COLGATE)	100g	210	210	210	210	0	0	0
61	MATCHES 50 STICKS	Each	5	7	6	6	7	0	-14.29
62	MUSTARD OIL (LOCAL)	Kg	480	550	503	518.5	555	-2.99	-9.37
<b>Fruits</b>									
63	APPLE SUPERIOR QUALITY	Kg	330	400	380	360.5	342.5	5.41	10.95
64	APPLE AVERAGE QUALITY	Kg	250	270	253	243.5	210	3.9	20.48
65	BANANA	Dozen	150	250	217	220.17	160	-1.44	35.63
66	DATES (IRANI)	Kg	500	500	500	507.17	490	-1.41	2.04
67	GUAVA	Kg	150	200	177	174.17	156.67	1.62	12.98
<b>Tea &amp; Tobacco</b>									
68	TEA (YELLOW LABEL)	140g	400	400	400	400	0	0	0
69	CIGARETTES (CAPSTAN) 20 CGS	Packet	240	240	240	240.17	220	-0.07	9.09
70	TEA PREPARED (Sada)	Cup	50	60	58	57.17	65	1.45	-10.77

M.D. = Meat Less Day