



PSA MEDIA SERVICE

PHILIPPINE STATISTICS AUTHORITY

National Capital Region
9/F EDSA Grand Residences No. 75 Corregidor St. cor. EDSA
Barangay Ramon Magsaysay, District 1, 1105 Quezon City

COMMODITY	SPECIFICATION	Wholesale ^{1/}			RETAIL ^{2/}			SUPERMARKETS GROCERIES ^{3/}	
		(as of July 29, 2020)			(as of July 30, 2020)			(as of July 29, 2020)	
		Low	High	Prevailing (Modal)	Low	High	Prevailing (Modal)	Low	High
1. RICE									
NFA									
Regular milled	Kilogram	na	na	na	27.00	27.00	27.00	na	na
Well milled	Kilogram	na	na	na	32.00	32.00	32.00	na	na
Commercial									
Regular milled	Kilogram	28.40	30.80	29.40	30.00	43.00	38.00	36.00	56.75
Well milled	Kilogram	30.00	35.60	34.10	38.00	48.00	44.00	41.00	57.45
Premium	Kilogram	36.00	40.00	37.80	43.00	57.00	45.00	45.00	62.55
Special	Kilogram	40.00	52.00	45.00	44.00	65.00	50.00	58.12	65.93
2. FISH									
Bangus	Med (3-4 pcs/kg)	100.00	130.00	130.00	110.00	220.00	150.00	258.00	285.00
Tilapia	Med (5-6 pcs/kg)	90.00	100.00	100.00	100.00	140.00	120.00	140.00	185.00
Galunggong	Medium (12-14 pcs/kg)	75.00	105.00	105.00	130.00	200.00	180.00	368.00	NA
Alumahan	Med (4-6 pcs/kg)	NA	NA	NA	140.00	300.00	240.00	378.00	NA
3. MEAT									
Beef rump	Lean meat/tapadera	NA	NA	NA	320.00	430.00	380.00	385.00	480.00
Beef brisket	Meat w/ bones	NA	NA	NA	280.00	390.00	380.00	365.00	380.00
Pork ham/kasim	Lean meat	NA	NA	NA	220.00	280.00	260.00	260.00	265.00
Pork liempo	Pork belly	NA	NA	NA	240.00	300.00	300.00	249.50	380.00
4. POULTRY									
Whole chicken	Fully dressed, kg	90.00	96.00	92.00	130.00	180.00	150.00	145.00	170.00
Chicken egg	Med./ piece	5.48	5.50	5.50	5.75	7.25	6.50	7.79	8.67
5. VEGETABLES									
Amargoso	4-5 pcs/kg	25.00	35.00	30.00	40.00	80.00	60.00	104.00	150.00
Sitao	3-4 small bundles/kg	25.00	30.55	25.00	40.00	80.00	70.00	130.00	130.00
Cabbage (scorpio)	750 gms-1kg/head	16.66	25.00	25.00	40.00	90.00	50.00	65.00	130.00
Carrots	8-10 pcs/kg	35.00	50.00	45.00	50.00	120.00	80.00	72.00	100.00
Habichuelas	kg	15.00	40.00	35.00	40.00	80.00	60.00	70.00	150.00
Tomato	15 - 18 pcs/kg	39.13	45.00	39.57	40.00	80.00	60.00	40.00	80.00
Onion red	13-15 pcs/kg	67.00	76.08	76.08	70.00	120.00	100.00	110.00	120.00
White potato	10-12 pcs/kg	40.00	55.00	50.20	50.00	90.00	70.00	119.00	130.00
Eggplant	8-10 pcs/kg	15.00	25.00	25.00	30.00	80.00	50.00	70.00	80.00
Pechay, native	3-4 small bundles/kg	30.00	35.00	35.00	40.00	80.00	60.00	120.00	124.00
6. FRUITS									
Banana, Lakatan	8-10 pcs/kg	60.00	70.00	65.00	65.00	100.00	80.00	84.00	120.00
Banana, Latundan	10-12 pcs. kg	35.00	50.00	40.00	40.00	80.00	60.00	52.00	NA
Calamansi	kg	20.00	23.33	23.33	40.00	80.00	60.00	75.00	80.00
Papaya	kg	28.00	35.00	35.00	40.00	70.00	60.00	NA	NA
Mango, carabao	3-4 pcs/kg	85.00	111.76	111.76	100.00	160.00	140.00	180.00	240.00
7. OTHER BASIC NECESSITIES									
Sugar									
Refined	kg	42.60	45.00	45.00	49.00	65.00	50.00	53.10	56.00
Washed	kg	37.00	39.00	37.00	42.00	60.00	48.00	47.00	51.50
Brown (raw)	kg	33.60	36.60	34.00	40.00	58.00	46.00	44.75	46.50
Cooking oil									
Dip out	Kilogram	85.12	94.92	na	na	na	na	na	na
Lapad	375 ml.	na	na	na	20.00	34.00	25.00	na	na
Longneck	750 ml.	na	na	na	40.00	75.00	60.00	na	na
Pint can	380ml.	na	na	na	na	na	na	na	na

^{1/} Wholesale Markets: Balintawak, Mega Q Mart, Divisoria Agri-Commodities, Blumentritt and Dagupan Rice Warehouse .

^{2/} Retail Markets: Muntinlupa Market, Quinta Market, Sangandaan Market, Blumentritt Market, Susano Novaliches Market, Farmers Market, Pasig Mega Market, Guadalupe Market, Malabon Market, Pasay Market and Marikina Market .

^{3/} Supermarket chains & Groceries in Metro Manila: Unimart, Tropical & Lianas

* Top Round ** Short Ribs *** Ham/Kasim/Liempo (Prime Cut)

Notes: Wholesale prices of sugar were gathered by the Sugar Regulatory Administration (SRA) as of July 16, 2020 .

Wholesale prices of cooking oil were gathered by Philippine Coconut Authority (PCA) as of July 17, 2020.

Wholesale prices of fish were gathered by Philippine Fisheries Development Authority (PFDA) as of July 29, 2020

Source: Philippine Statistics Authority (NCR)