



# 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 <sup>1/</sup>			RETAIL <sup>2/</sup>			SUPERMARKETS GROCERIES <sup>3/</sup>	
		(as of August 2, 2019)			(as of August 3, 2019)			(as of July 31, 2019)	
		Low	High	Prevailing (Modal)	Low	High	Prevailing (Modal)	Low	High
1. RICE									
NFA									
Regular milled	Kilogram	na	na	na	na	na	27.00	na	na
Well milled	Kilogram	na	na	na	na	na	32.00	na	na
Commercial									
Regular milled	Kilogram	25.60	34.00	28.00	27.00	42.00	35.00	38.00	58.10
Well milled	Kilogram	30.00	39.00	33.00	32.00	49.00	40.00	42.00	58.62
Premium	Kilogram	34.60	45.00	40.00	39.00	54.00	47.00	52.00	63.42
Special	Kilogram	40.40	60.00	45.80	43.00	65.00	50.00	60.25	65.93
2. FISH									
Bangus	Med (3-4 pcs/kg)	85.00	120.00	100.00	100.00	180.00	150.00	165.00	230.00
Tilapia	Med (5-6 pcs/kg)	75.00	90.00	80.00	90.00	130.00	110.00	130.00	160.00
Galunggong	Medium (12-14 pcs/kg)	85.00	105.00	85.00	100.00	220.00	160.00	220.00	280.00
Alumahan	Med (4-6 pcs/kg)	NA	NA	NA	200.00	380.00	240.00	325.00	-
3. MEAT									
Beef rump	Lean meat/tapadera	NA	NA	NA	310.00	400.00	360.00	344.00	385.00 *
Beef brisket	Meat w/ bones	NA	NA	NA	260.00	360.00	300.00	347.00	365.00 **
Pork ham/kasim	Lean meat	NA	NA	NA	190.00	260.00	220.00	215.00	265.00 ***
Pork liempo	Pork belly	NA	NA	NA	220.00	260.00	240.00	249.50	330.00 ***
4. POULTRY									
Whole chicken	Fully dressed,kg	96.00	99.00	97.00	125.00	170.00	160.00	160.00	170.00
Chicken egg	Med./ piece	5.41	5.83	5.66	5.50	6.50	6.00	6.50	6.83
5. VEGETABLES									
Amargoso	4-5 pcs/kg	30.00	40.00	30.00	50.00	100.00	60.00	114.00	139.00
Sitao	3-4 small bundles/kg	44.44	57.14	51.42	60.00	100.00	80.00	120.00	123.00
Cabbage (scorpio)	750 gms-1kg/head	15.00	18.66	15.00	40.00	80.00	60.00	48.00	108.00
Carrots	8-10 pcs/kg	38.00	42.00	40.00	60.00	100.00	80.00	75.00	145.00
Habichuelas	kg	40.00	60.00	50.00	60.00	100.00	75.00	116.40	117.00
Tomato	15 - 18 pcs/kg	35.00	41.30	40.00	48.00	90.00	65.00	63.00	124.00
Onion red	13-15 pcs/kg	35.00	38.00	36.00	48.00	80.00	60.00	55.00	86.00
White potato	10-12 pcs/kg	42.10	45.00	42.50	55.00	100.00	70.00	65.00	109.00
Eggplant	8-10 pcs/kg	20.00	25.00	20.00	35.00	80.00	40.00	80.00	109.00
Pechay, native	3-4 small bundles/kg	25.00	30.00	30.00	50.00	100.00	80.00	120.00	185.00
6. FRUITS									
Banana,Lakatan	8-10 pcs/kg	50.00	55.00	52.00	50.00	80.00	70.00	81.00	86.00
Banana,Latundan	10-12 pcs. kg	30.00	48.00	30.00	35.00	70.00	40.00	52.00	58.00
Calamansi	kg	20.00	23.33	23.33	40.00	80.00	60.00	45.00	94.00
Papaya	kg	25.00	35.00	28.00	40.00	70.00	60.00	-	-
Mango, carabao	3-4 pcs/kg	90.00	164.70	91.00	100.00	250.00	142.50	120.00	150.00
7. OTHER BASIC NECESSITIES									
Sugar									
Refined	kg	42.00	47.50	45.00	49.00	60.00	50.00	53.10	64.00
Washed	kg	35.80	37.00	37.00	42.00	58.00	46.00	48.90	52.00
Brown (raw)	kg	32.00	34.60	33.60	40.00	55.00	45.00	44.75	50.00
Cooking oil									
Dip out	Kilogram	74.48	86.80	na	na	na	na	na	na
Lapad	375 ml.	na	na	na	17.00	39.38	28.00	na	na
Longneck	750 ml.	na	na	na	33.00	80.00	55.00	na	na
Pint can	380ml.	na	na	na	na	na	na	na	na

<sup>1/</sup> Wholesale Markets: Divisoria, Balintawak, Dagupan rice warehouses, Mega-Q-Mart and Blumentritt.

<sup>2/</sup> Retail Markets: Pasay Public Market, Quinta Market, Sangandaan Market, Blumentritt Market, Susano Novaliches Market  
Farmers Market, Pasig Mega Market, Guadalupe Market, Malabon Market, Marikina Market and Muntinlupa Market

<sup>3/</sup> Supermarket chains & Groceries in Metro Manila

\* Top Round

\*\* Short Ribs

\*\*\* Ham/Kasim/Liempo (Prime Cut)

Notes: Prices of sugar at wholesale & supermarkets/groceries were gathered by the Sugar Regulatory Administration (SRA) as of July 26, 2019.

Wholesale prices of fish were gathered by Philippine Fisheries Development Authority (PFDA) as of July 31, 2019

Wholesale prices of cooking oil were gathered by Philippine Coconut Authority (PCA) as of July 30, 2019.

Source: Philippine Statistics Authority (NCR)