

**Table 9. Regional Month-on-Month Inflation Rates of Selected Food Items, August and July 2010**  
(2000 = 100)

Area and Region	C e r e a l s				R i c e				C o r n			
	Aug		Percent Change		Aug		Percent Change		Aug		Percent Change	
	Jul	Current	Previous	Jul	Current	Previous	Jul	Current	Jul	Current	Previous	
<b>Philippines</b>	<b>174.3</b>	<b>173.9</b>	<b>0.2</b>	<b>0.2</b>	<b>174.3</b>	<b>173.8</b>	<b>0.3</b>	<b>0.2</b>	<b>173.5</b>	<b>174.8</b>	<b>-0.7</b>	<b>-0.3</b>
National Capital Region (NCR)	159.3	159.3	0.0	0.2	159.3	159.3	0.0	0.2	160.6	161.8	-0.7	0.0
Areas Outside NCR	176.4	176.0	0.2	0.2	176.6	176.1	0.3	0.2	173.7	175.0	-0.7	-0.3
CAR - Cordillera Administrative Region	177.1	177.4	-0.2	0.2	177.6	177.9	-0.2	0.2	147.5	146.3	0.8	-0.1
I - Ilocos	176.3	177.3	-0.6	0.2	176.6	177.6	-0.6	0.2	152.0	152.3	-0.2	-0.5
II - Cagayan Valley	184.5	185.4	-0.5	-0.2	186.1	187.1	-0.5	-0.2	149.2	148.9	0.2	0.0
III - Central Luzon	166.7	168.0	-0.8	0.5	166.0	167.3	-0.8	0.4	214.8	219.2	-2.0	2.6
IV-a - Calabarzon	166.4	166.1	0.2	0.1	166.5	166.2	0.2	0.1	156.5	155.1	0.9	0.3
IV-b - Mimaropa	181.9	180.0	1.1	0.8	181.7	179.8	1.1	0.8	205.6	201.9	1.8	-1.3
V - Bicol	171.8	170.3	0.9	-0.1	173.7	171.7	1.2	-0.1	150.7	154.8	-2.6	-0.4
VI - Western Visayas	172.8	172.2	0.3	0.3	173.7	173.1	0.3	0.3	156.1	155.1	0.6	0.2
VII - Central Visayas	183.5	182.0	0.8	-0.3	183.2	180.6	1.4	-0.5	184.1	184.9	-0.4	-0.1
VIII - Eastern Visayas	195.5	193.9	0.8	0.0	197.8	196.2	0.8	0.1	152.1	152.3	-0.1	-0.4
IX - Zamboanga Peninsula	170.5	169.9	0.4	-0.2	172.9	171.8	0.6	-0.3	164.9	165.6	-0.4	0.1
X - Northern Mindanao	174.9	175.3	-0.2	0.1	173.3	173.1	0.1	0.1	178.8	180.7	-1.1	0.0
XI - Davao	178.3	178.1	0.1	-0.3	179.4	178.6	0.4	0.0	174.5	176.4	-1.1	-1.6
XII - SOCCSKSARGEN	178.0	177.4	0.3	0.7	177.5	176.6	0.5	0.9	182.9	184.7	-1.0	-1.1
XIII - Caraga	181.1	181.0	0.1	0.2	182.7	182.4	0.2	0.2	166.7	167.9	-0.7	-0.1
ARMM - Autonomous Region in Muslim Mindanao	197.5	195.2	1.2	0.8	196.4	194.1	1.2	0.8	248.8	245.4	1.4	-2.8

Table 9. (Continued)

Area and Region	Cereal Preparations				Dairy Products				E g g s			
	Aug		Percent Change		Aug		Percent Change		Aug		Percent Change	
	Jul	Current	Previous	Jul	Current	Previous	Jul	Current	Jul	Current	Previous	
<b>Philippines</b>	<b>188.5</b>	<b>188.3</b>	<b>0.1</b>	<b>0.2</b>	<b>195.4</b>	<b>195.1</b>	<b>0.2</b>	<b>0.1</b>	<b>158.1</b>	<b>156.8</b>	<b>0.8</b>	<b>0.3</b>
National Capital Region (NCR)	201.4	201.2	0.1	0.4	191.1	191.1	0.0	0.1	155.5	152.9	1.7	0.8
Areas Outside NCR	184.0	183.8	0.1	0.1	197.2	196.8	0.2	0.1	158.9	158.0	0.6	0.1
CAR - Cordillera Administrative Region	162.2	162.1	0.1	0.0	215.2	215.2	0.0	0.0	140.2	138.9	0.9	0.2
I - Ilocos	223.8	223.6	0.1	0.0	216.3	216.2	0.0	0.2	153.5	153.6	-0.1	0.1
II - Cagayan Valley	161.2	160.9	0.2	0.6	188.3	187.4	0.5	0.0	157.6	157.7	-0.1	0.1
III - Central Luzon	177.1	176.7	0.2	0.3	211.1	211.0	0.0	0.0	145.6	143.3	1.6	-0.1
IV-a - Calabarzon	183.3	183.2	0.1	0.2	201.6	200.5	0.5	0.4	147.7	147.1	0.4	0.1
IV-b - Mimaropa	170.9	170.8	0.1	0.1	198.4	198.3	0.1	0.3	154.4	154.0	0.3	-1.3
V - Bicol	176.0	175.9	0.1	0.1	189.5	189.2	0.2	0.1	155.7	155.0	0.5	0.1
VI - Western Visayas	162.7	162.6	0.1	0.0	176.7	176.7	0.0	0.0	170.5	169.5	0.6	0.5
VII - Central Visayas	191.4	191.2	0.1	0.0	187.3	187.3	0.0	0.0	158.7	158.7	0.0	0.0
VIII - Eastern Visayas	208.5	208.5	0.0	0.0	183.9	183.9	0.0	0.0	171.4	171.5	-0.1	-0.1
IX - Zamboanga Peninsula	203.7	203.5	0.1	0.0	217.0	216.9	0.0	0.0	197.9	198.2	-0.2	0.4
X - Northern Mindanao	175.9	175.7	0.1	0.1	196.9	196.4	0.3	0.3	183.0	183.0	0.0	0.4
XI - Davao	203.2	203.1	0.0	0.2	186.2	186.0	0.1	0.1	179.1	177.4	1.0	0.3
XII - SOCCSKSARGEN	182.5	182.4	0.1	-0.3	183.9	183.7	0.1	0.0	155.0	154.3	0.5	0.7
XIII - Caraga	180.8	180.4	0.2	0.0	188.8	188.7	0.1	0.2	163.4	162.9	0.3	0.1
ARMM - Autonomous Region in Muslim Mindanao	202.3	201.0	0.6	0.4	199.0	197.9	0.6	0.1	196.1	194.5	0.8	0.2

Table 9 (continued)

Area and Region	F i s h				Fruits and Vegetables				M e a t			
	Aug	Jul	Current	Previous	Aug	Jul	Current	Previous	Aug	Jul	Current	Previous
<b>Philippines</b>	<b>163.2</b>	<b>162.9</b>	<b>0.2</b>	<b>-0.6</b>	<b>156.3</b>	<b>154.4</b>	<b>1.2</b>	<b>0.5</b>	<b>162.2</b>	<b>162.5</b>	<b>-0.2</b>	<b>-0.4</b>
<b>National Capital Region (NCR)</b>	<b>135.2</b>	<b>134.6</b>	<b>0.4</b>	<b>-1.4</b>	<b>128.1</b>	<b>128.9</b>	<b>-0.6</b>	<b>-1.1</b>	<b>157.7</b>	<b>157.7</b>	<b>0.0</b>	<b>-1.6</b>
<b>Areas Outside NCR</b>	<b>170.3</b>	<b>170.1</b>	<b>0.1</b>	<b>-0.5</b>	<b>166.4</b>	<b>163.6</b>	<b>1.7</b>	<b>0.9</b>	<b>164.2</b>	<b>164.6</b>	<b>-0.2</b>	<b>0.1</b>
CAR - Cordillera Administrative Region	143.0	141.8	0.8	-0.1	163.9	163.6	0.2	0.7	157.0	157.4	-0.3	0.1
I - Ilocos	153.1	156.3	-2.0	0.1	139.9	140.1	-0.1	2.9	170.3	170.7	-0.2	0.5
II - Cagayan Valley	166.5	164.7	1.1	0.5	157.7	156.5	0.8	0.4	163.5	163.7	-0.1	0.6
III - Central Luzon	146.8	146.0	0.5	-0.7	153.2	150.5	1.8	2.2	163.1	163.7	-0.4	-0.7
IV-a - Calabarzon	173.1	171.7	0.8	0.6	146.7	141.1	4.0	2.2	159.5	159.9	-0.3	0.3
IV-b - Mimaropa	159.1	158.9	0.1	0.0	149.1	145.4	2.5	0.4	171.0	171.0	0.0	0.1
V - Bicol	161.6	163.1	-0.9	-1.8	153.4	150.3	2.1	1.6	168.0	168.2	-0.1	0.5
VI - Western Visayas	172.6	173.6	-0.6	-0.7	174.2	172.9	0.8	1.0	153.3	153.6	-0.2	0.1
VII - Central Visayas	185.4	185.9	-0.3	0.1	212.7	209.9	1.3	2.9	162.6	163.3	-0.4	0.5
VIII - Eastern Visayas	172.8	172.6	0.1	0.0	173.1	172.0	0.6	0.6	163.0	162.8	0.1	0.2
IX - Zamboanga Peninsula	161.9	159.4	1.6	-1.0	182.2	176.4	3.3	0.9	168.2	170.1	-1.1	1.1
X - Northern Mindanao	187.1	186.8	0.2	-0.1	182.8	181.4	0.8	-1.1	171.2	171.5	-0.2	-0.3
XI - Davao	186.2	186.4	-0.1	-2.9	182.9	178.8	2.3	-3.8	169.6	171.2	-0.9	0.1
XII - SOCCSKSARGEN	176.1	175.6	0.3	-0.1	173.3	172.6	0.4	-0.8	177.3	177.8	-0.3	-0.1
XIII - Caraga	200.7	199.9	0.4	-1.5	183.1	182.2	0.5	-1.0	177.6	176.7	0.5	0.0
ARMM - Autonomous Region in Muslim Mindanao	201.2	199.6	0.8	-1.0	225.9	222.9	1.3	0.3	203.0	201.6	0.7	0.0

Table 9 (concluded)

Area and Region	Miscellaneous Foods				Meals Eaten Outside			
	Aug	Jul	Current	Previous	Aug	Jul	Current	Previous
<b>Philippines</b>	<b>164.2</b>	<b>162.7</b>	<b>0.9</b>	<b>0.9</b>	<b>150.6</b>	<b>150.4</b>	<b>0.1</b>	<b>0.7</b>
<b>National Capital Region (NCR)</b>	<b>155.5</b>	<b>155.1</b>	<b>0.3</b>	<b>0.9</b>	<b>145.6</b>	<b>145.6</b>	<b>0.0</b>	<b>1.5</b>
<b>Areas Outside NCR</b>	<b>168.1</b>	<b>166.1</b>	<b>1.2</b>	<b>0.9</b>	<b>153.6</b>	<b>153.3</b>	<b>0.2</b>	<b>0.2</b>
CAR - Cordillera Administrative Region	157.5	156.3	0.8	0.9	127.0	126.9	0.1	0.0
I - Ilocos	164.6	163.3	0.8	0.7	144.7	144.7	0.0	0.0
II - Cagayan Valley	180.2	178.0	1.2	0.6	196.9	196.9	0.0	0.0
III - Central Luzon	167.9	167.2	0.4	0.5	148.4	148.4	0.0	0.0
IV-a - Calabarzon	152.7	151.4	0.9	0.7	148.1	147.5	0.4	0.3
IV-b - Mimaropa	168.7	165.4	2.0	1.3	148.9	148.9	0.0	0.3
V - Bicol	183.0	179.7	1.8	1.2	171.7	171.5	0.1	0.3
VI - Western Visayas	167.3	164.7	1.6	0.5	148.8	148.8	0.0	0.0
VII - Central Visayas	178.4	177.8	0.3	1.0	173.5	173.5	0.0	0.0
VIII - Eastern Visayas	172.4	169.4	1.8	1.3	161.0	161.0	0.0	0.0
IX - Zamboanga Peninsula	180.4	176.1	2.4	1.1	151.4	151.2	0.1	0.0
X - Northern Mindanao	173.1	169.7	2.0	1.4	149.7	149.8	-0.1	0.9
XI - Davao	184.1	181.1	1.7	1.7	149.8	149.8	0.0	0.3
XII - SOCCSKSARGEN	176.6	172.9	2.1	1.6	158.7	157.8	0.6	0.7
XIII - Caraga	186.7	182.1	2.5	1.2	183.4	183.4	0.0	0.0
ARMM - Autonomous Region in Muslim Mindanao	201.6	196.4	2.6	0.3	214.5	214.1	0.2	0.0

Source: Economic Indices and Indicators Division  
Industry and Trade Statistics Department  
National Statistics Office