

Republic of the Philippines  
NATIONAL STATISTICS OFFICE  
Manila

**Table 9 Regional Month-on-Month Inflation Rates of Selected Food Items, July and June 2013  
(2006 = 100)**

| AREA / REGION                                      | BREAD AND CEREALS |         |          |          | RICE  |         |          |          | CORN  |       |          |          |
|--|-------------------|---------|----------|----------|-------|---------|----------|----------|-------|-------|----------|----------|
|  | Jul               | Jun     | % Change |          | Jul   | Jun     | % Change |          | Jul   | Jun   | % Change |          |
|  |                   |         | Current  | Previous |       |         | Current  | Previous |       |       | Current  | Previous |
| <b>Philippines</b>                                 | 152.4             | 151.3 r | 0.7      | 0.5 r    | 151.9 | 150.3 r | 1.1      | 0.5 r    | 165.3 | 165.0 | 0.2      | -0.2     |
| <b>NCR- National Capital Region</b>                | 151.3             | 149.6   | 1.1      | 0.2      | 153.9 | 151.3   | 1.7      | 0.3      | 173.1 | 172.3 | 0.5      | 0.0      |
| <b>Areas Outside NCR</b>                           | 152.6             | 151.5 r | 0.7      | 0.5      | 151.6 | 150.2 r | 0.9      | 0.6      | 165.0 | 164.8 | 0.1      | -0.2     |
| <b>Regions:</b>                                    |                   |         |          |          |       |         |          |          |       |       |          |          |
| <b>CAR - Cordillera Administrative Region</b>      | 140.3             | 139.8   | 0.4      | 0.1      | 135.0 | 134.3   | 0.5      | 0.1      | 142.0 | 141.4 | 0.4      | -0.4     |
| <b>I - Ilocos Region</b>                           | 138.4             | 138.1   | 0.2      | 0.3      | 139.2 | 139.0   | 0.1      | 0.2      | 155.6 | 154.0 | 1.0      | 2.7      |
| <b>II - Cagayan Valley</b>                         | 150.6             | 150.0   | 0.4      | 0.1      | 152.4 | 151.8   | 0.4      | 0.1      | 127.8 | 128.5 | -0.5     | 0.6      |
| <b>III - Central Luzon</b>                         | 156.9             | 155.8 r | 0.7      | 0.7      | 158.2 | 156.8 r | 0.9      | 0.8      | 110.1 | 110.3 | -0.2     | -1.0     |
| <b>IV-A - CALABARZON</b>                           | 159.7             | 158.7   | 0.6      | 0.2      | 161.0 | 159.6   | 0.9      | 0.1      | 174.4 | 174.4 | 0.0      | -2.9     |
| <b>IV-B - MIMAROPA</b>                             | 153.1             | 152.3   | 0.5      | 0.9      | 154.1 | 153.1   | 0.7      | 1.1      | 166.0 | 165.9 | 0.1      | 0.0      |
| <b>V - Bicol Region</b>                            | 154.9             | 153.7   | 0.8      | 0.9      | 152.5 | 151.2   | 0.9      | 1.2      | 196.4 | 194.0 | 1.2      | 0.6      |
| <b>VI - Western Visayas</b>                        | 146.7             | 146.0   | 0.5      | 0.5      | 145.5 | 144.6   | 0.6      | 0.8      | 161.4 | 161.4 | 0.0      | 0.0      |
| <b>VII - Central Visayas</b>                       | 141.5             | 138.2 r | 2.4      | 0.4      | 129.9 | 125.2 r | 3.8      | 0.4      | 169.7 | 168.0 | 1.0      | 0.5      |
| <b>VIII - Eastern Visayas</b>                      | 157.3             | 156.7   | 0.4      | 0.2      | 157.5 | 156.7   | 0.5      | 0.2      | 146.7 | 146.3 | 0.3      | 0.1      |
| <b>IX - Zamboanga Peninsula</b>                    | 148.8             | 147.4   | 0.9      | 1.1      | 137.8 | 135.6   | 1.6      | 1.8      | 159.2 | 160.0 | -0.5     | -0.8     |
| <b>X - Northern Mindanao</b>                       | 161.5             | 159.8   | 1.1      | 0.4      | 160.9 | 158.0   | 1.8      | 0.9      | 167.6 | 168.7 | -0.7     | -0.9     |
| <b>XI - Davao Region</b>                           | 157.0             | 156.8   | 0.1      | 0.2      | 157.8 | 157.5   | 0.2      | 0.3      | 163.6 | 163.8 | -0.1     | -0.2     |
| <b>XII - SOCCSKSARGEN</b>                          | 154.7             | 152.4   | 1.5      | 1.0      | 155.8 | 152.8   | 2.0      | 1.3      | 162.9 | 162.8 | 0.1      | -0.7     |
| <b>XIII - Caraga</b>                               | 147.6             | 146.9   | 0.5      | 0.2      | 144.1 | 143.2   | 0.6      | 0.3      | 197.1 | 198.2 | -0.6     | -0.2     |
| <b>ARMM - Autonomous Region in Muslim Mindanao</b> | 156.6             | 156.2   | 0.3      | 0.5      | 160.0 | 159.5   | 0.3      | 0.4      | 149.0 | 149.3 | -0.2     | -0.1     |

Table 9--Continued

| AREA / REGION                                      | MEAT  |       |          |          | FISH  |       |          |          | MILK, CHEESE AND EGG |       |          |          |
|--|-------|-------|----------|----------|-------|-------|----------|----------|----------------------|-------|----------|----------|
|  | Jul   | Jun   | % Change |          | Jul   | Jun   | % Change |          | Jul                  | Jun   | % Change |          |
|  |       |       | Current  | Previous |       |       | Current  | Previous |                      |       | Current  | Previous |
| <b>Philippines</b>                                 | 130.4 | 130.2 | 0.2      | 0.1      | 147.7 | 147.4 | 0.2      | 0.1      | 134.4                | 134.1 | 0.2      | 0.1      |
| <b>NCR- National Capital Region</b>                | 129.6 | 129.2 | 0.3      | 0.0      | 128.0 | 128.7 | -0.5     | 0.2      | 130.7                | 130.4 | 0.2      | 0.2      |
| <b>Areas Outside NCR</b>                           | 130.6 | 130.5 | 0.1      | 0.1      | 151.3 | 150.8 | 0.3      | 0.0      | 135.3                | 135.1 | 0.1      | 0.1      |
| <b>Regions:</b>                                    |       |       |          |          |       |       |          |          |                      |       |          |          |
| <b>CAR - Cordillera Administrative Region</b>      | 129.5 | 128.8 | 0.5      | 0.2      | 154.1 | 154.3 | -0.1     | -0.1     | 130.2                | 129.8 | 0.3      | 0.2      |
| <b>I - Ilocos Region</b>                           | 125.3 | 125.2 | 0.1      | 0.1      | 142.8 | 142.0 | 0.6      | -0.1     | 130.9                | 130.7 | 0.2      | -0.2     |
| <b>II - Cagayan Valley</b>                         | 135.2 | 135.4 | -0.1     | 0.9      | 146.3 | 146.5 | -0.1     | 0.1      | 132.4                | 132.2 | 0.2      | 0.1      |
| <b>III - Central Luzon</b>                         | 129.3 | 129.5 | -0.2     | -0.5     | 134.7 | 134.1 | 0.4      | 0.2      | 134.1                | 133.9 | 0.1      | -0.2     |
| <b>IV-A - CALABARZON</b>                           | 127.8 | 127.6 | 0.2      | 0.2      | 141.8 | 141.7 | 0.1      | -0.6     | 135.5                | 135.2 | 0.2      | 0.3      |
| <b>IV-B - MIMAROPA</b>                             | 136.4 | 136.5 | -0.1     | 0.1      | 148.7 | 147.8 | 0.6      | 0.4      | 141.0                | 140.5 | 0.4      | 0.1      |
| <b>V - Bicol Region</b>                            | 132.9 | 132.5 | 0.3      | 0.5      | 152.7 | 153.6 | -0.6     | 0.7      | 133.6                | 133.3 | 0.2      | 0.0      |
| <b>VI - Western Visayas</b>                        | 129.8 | 129.3 | 0.4      | 0.2      | 155.7 | 154.5 | 0.8      | -2.1     | 134.5                | 134.3 | 0.1      | 0.1      |
| <b>VII - Central Visayas</b>                       | 131.1 | 131.4 | -0.2     | 0.2      | 157.4 | 156.5 | 0.6      | 0.0      | 136.9                | 136.8 | 0.1      | 0.1      |
| <b>VIII - Eastern Visayas</b>                      | 132.6 | 132.2 | 0.3      | 0.5      | 160.3 | 159.6 | 0.4      | 1.5      | 133.5                | 133.0 | 0.4      | 0.2      |
| <b>IX - Zamboanga Peninsula</b>                    | 132.3 | 131.6 | 0.5      | -0.6     | 150.9 | 150.6 | 0.2      | 2.6      | 147.2                | 146.9 | 0.2      | 0.4      |
| <b>X - Northern Mindanao</b>                       | 132.4 | 132.4 | 0.0      | 0.4      | 163.4 | 162.8 | 0.4      | -0.3     | 137.1                | 137.0 | 0.1      | -0.3     |
| <b>XI - Davao Region</b>                           | 137.3 | 137.2 | 0.1      | 0.2      | 167.3 | 167.4 | -0.1     | 0.3      | 136.4                | 136.2 | 0.1      | 0.2      |
| <b>XII - SOCCSKSARGEN</b>                          | 136.7 | 136.4 | 0.2      | 0.0      | 154.1 | 153.3 | 0.5      | -1.2     | 130.4                | 130.1 | 0.2      | -0.2     |
| <b>XIII - Caraga</b>                               | 135.3 | 135.3 | 0.0      | -0.1     | 167.2 | 168.5 | -0.8     | 0.7      | 138.7                | 138.6 | 0.1      | 0.1      |
| <b>ARMM - Autonomous Region in Muslim Mindanao</b> | 148.6 | 148.3 | 0.2      | 0.3      | 177.3 | 175.6 | 1.0      | 0.6      | 152.0                | 151.7 | 0.2      | 0.3      |

Table 9--Continued

| AREA / REGION                                      | OILS AND FATS |       |          |          | FRUITS |       |          |          | VEGETABLES |       |          |          |
|--|---------------|-------|----------|----------|--------|-------|----------|----------|------------|-------|----------|----------|
|  | Jul           | Jun   | % Change |          | Jul    | Jun   | % Change |          | Jul        | Jun   | % Change |          |
|  |               |       | Current  | Previous |        |       | Current  | Previous |            |       | Current  | Previous |
| <b>Philippines</b>                                 | 167.6         | 168.2 | -0.4     | -0.2     | 148.8  | 147.6 | 0.8      | -0.2     | 145.1      | 144.6 | 0.3      | 2.5      |
| <b>NCR- National Capital Region</b>                | 196.3         | 198.7 | -1.2     | -0.4     | 139.1  | 137.6 | 1.1      | 0.1      | 124.2      | 126.1 | -1.5     | 3.2      |
| <b>Areas Outside NCR</b>                           | 161.0         | 161.1 | -0.1     | -0.2     | 151.5  | 150.4 | 0.7      | -0.3     | 149.7      | 148.7 | 0.7      | 2.3      |
| <b>Regions:</b>                                    |               |       |          |          |        |       |          |          |            |       |          |          |
| <b>CAR - Cordillera Administrative Region</b>      | 176.3         | 176.3 | 0.0      | 0.2      | 155.6  | 155.5 | 0.1      | -1.8     | 159.1      | 159.2 | -0.1     | 2.1      |
| <b>I - Ilocos Region</b>                           | 154.2         | 154.5 | -0.2     | 0.3      | 141.9  | 135.7 | 4.6      | -0.9     | 138.7      | 134.4 | 3.2      | 0.6      |
| <b>II - Cagayan Valley</b>                         | 135.6         | 136.5 | -0.7     | 0.2      | 165.7  | 164.4 | 0.8      | -0.4     | 167.4      | 167.1 | 0.2      | 3.0      |
| <b>III - Central Luzon</b>                         | 153.0         | 152.4 | 0.4      | 0.2      | 137.1  | 136.5 | 0.4      | 0.0      | 132.1      | 131.4 | 0.5      | 5.2      |
| <b>IV-A - CALABARZON</b>                           | 170.9         | 170.7 | 0.1      | -0.6     | 157.3  | 153.6 | 2.4      | 0.7      | 139.3      | 141.1 | -1.3     | 5.6      |
| <b>IV-B - MIMAROPA</b>                             | 175.0         | 175.1 | -0.1     | -0.1     | 147.0  | 146.3 | 0.5      | -0.2     | 145.6      | 142.0 | 2.5      | 1.8      |
| <b>V - Bicol Region</b>                            | 153.9         | 154.2 | -0.2     | 0.3      | 134.3  | 135.0 | -0.5     | -0.2     | 151.8      | 149.8 | 1.3      | 2.1      |
| <b>VI - Western Visayas</b>                        | 156.2         | 156.8 | -0.4     | 0.4      | 152.5  | 152.4 | 0.1      | -0.4     | 161.1      | 159.2 | 1.2      | 3.5      |
| <b>VII - Central Visayas</b>                       | 159.0         | 160.4 | -0.9     | -0.9     | 141.0  | 138.8 | 1.6      | 0.1      | 156.3      | 154.7 | 1.0      | 0.6      |
| <b>VIII - Eastern Visayas</b>                      | 186.0         | 185.8 | 0.1      | 0.1      | 158.7  | 157.1 | 1.0      | 2.3      | 150.7      | 150.2 | 0.3      | 1.8      |
| <b>IX - Zamboanga Peninsula</b>                    | 165.3         | 166.6 | -0.8     | -0.8     | 176.5  | 179.0 | -1.4     | -2.6     | 161.8      | 158.3 | 2.2      | -0.4     |
| <b>X - Northern Mindanao</b>                       | 145.8         | 145.8 | 0.0      | -0.3     | 157.6  | 159.6 | -1.3     | -2.3     | 163.9      | 161.3 | 1.6      | -2.2     |
| <b>XI - Davao Region</b>                           | 184.6         | 184.4 | 0.1      | 0.1      | 173.4  | 174.9 | -0.9     | -1.0     | 168.6      | 168.1 | 0.3      | 0.2      |
| <b>XII - SOCCSKSARGEN</b>                          | 134.2         | 133.3 | 0.7      | -1.3     | 141.9  | 141.3 | 0.4      | -1.6     | 139.2      | 139.7 | -0.4     | 2.6      |
| <b>XIII - Caraga</b>                               | 173.4         | 173.6 | -0.1     | -0.2     | 149.2  | 150.7 | -1.0     | 0.7      | 166.8      | 166.6 | 0.1      | -1.9     |
| <b>ARMM - Autonomous Region in Muslim Mindanao</b> | 163.9         | 164.0 | -0.1     | -0.2     | 189.1  | 189.3 | -0.1     | 0.5      | 160.5      | 160.1 | 0.2      | 0.4      |

Table 9--Concluded

| AREA / REGION                                      | SUGAR, JAM, HONEY, CHOCOLATE AND CONFECTIONERY |       |          |          | FOOD PRODUCTS, N.E.C. |       |          |          |
|--|--|-------|----------|----------|-----------------------|-------|----------|----------|
|  | Jul  | Jun   | % Change |          | Jul                   | Jun   | % Change |          |
|  |  |       | Current  | Previous |                       |       | Current  | Previous |
| <b>Philippines</b>                                 | 126.3  | 126.1 | 0.2      | 0.3      | 144.6                 | 144.7 | -0.1     | 0.1      |
| <b>NCR- National Capital Region</b>                | 117.7  | 117.8 | -0.1     | 0.1      | 134.4                 | 134.3 | 0.1      | -0.2     |
| <b>Areas Outside NCR</b>                           | 127.8  | 127.6 | 0.2      | 0.4      | 146.9                 | 147.1 | -0.1     | 0.1      |
| <b>Regions:</b>                                    |  |       |          |          |                       |       |          |          |
| <b>CAR - Cordillera Administrative Region</b>      | 128.5  | 128.2 | 0.2      | 0.2      | 149.4                 | 148.9 | 0.3      | 0.3      |
| <b>I - Ilocos Region</b>                           | 124.3  | 123.7 | 0.5      | -0.5     | 127.5                 | 127.5 | 0.0      | 0.3      |
| <b>II - Cagayan Valley</b>                         | 123.3  | 123.3 | 0.0      | 0.3      | 143.0                 | 143.0 | 0.0      | 0.4      |
| <b>III - Central Luzon</b>                         | 129.6  | 129.3 | 0.2      | 0.9      | 161.4                 | 163.1 | -1.0     | 0.0      |
| <b>IV-A - CALABARZON</b>                           | 129.3  | 128.6 | 0.5      | 0.6      | 141.1                 | 142.9 | -1.3     | -0.8     |
| <b>IV-B - MIMAROPA</b>                             | 120.5  | 120.1 | 0.3      | 0.8      | 127.4                 | 127.5 | -0.1     | 0.2      |
| <b>V - Bicol Region</b>                            | 121.8  | 121.0 | 0.7      | 0.4      | 142.7                 | 142.9 | -0.1     | 0.2      |
| <b>VI - Western Visayas</b>                        | 123.3  | 123.4 | -0.1     | 0.0      | 145.5                 | 141.3 | 3.0      | 0.6      |
| <b>VII - Central Visayas</b>                       | 130.3  | 130.8 | -0.4     | 0.6      | 149.0                 | 148.6 | 0.3      | 0.5      |
| <b>VIII - Eastern Visayas</b>                      | 132.9  | 135.9 | -2.2     | -0.7     | 131.9                 | 130.8 | 0.8      | 0.2      |
| <b>IX - Zamboanga Peninsula</b>                    | 120.4  | 119.4 | 0.8      | 0.8      | 155.2                 | 154.2 | 0.6      | 2.6      |
| <b>X - Northern Mindanao</b>                       | 129.9  | 130.7 | -0.6     | 0.3      | 179.7                 | 180.0 | -0.2     | 1.7      |
| <b>XI - Davao Region</b>                           | 124.9  | 124.4 | 0.4      | 0.4      | 137.1                 | 136.9 | 0.1      | 0.1      |
| <b>XII - SOCCSKSARGEN</b>                          | 117.2  | 116.9 | 0.3      | 0.6      | 137.5                 | 137.7 | -0.1     | 0.1      |
| <b>XIII - Caraga</b>                               | 123.2  | 123.4 | -0.2     | 1.2      | 160.9                 | 160.3 | 0.4      | -0.7     |
| <b>ARMM - Autonomous Region in Muslim Mindanao</b> | 158.1  | 157.7 | 0.3      | 0.4      | 155.0                 | 154.9 | 0.1      | 0.1      |