

Average Monthly Prices of 51 Essential Items for the month of July 2025

S. No.	Description	Unit	Islam-abad	Rawal-pindi	Gujran-wala	Sialkot	Lahore	Faisal-abad	Sar-godha	Multan	Baha-walpur	Karachi	Hyder-abad	Sukkur	Larkana	Pesha-war	Bannu	Quetta	Khuz-dar	Average Prices 25 Jun 25	Jul 24	%change Jul 25 over Jun 25	Jul 24	
1	Wheat Flour Bag	20 Kg	1573.31	1565.93	1429.79	1450.87	1379.98	1400.00	1483.14	1477.74	1444.09	1641.22	1672.91	1379.88	1482.23	1473.97	1399.82	1581.90	1600.00	1493.63	1516.42	1943.47	-1.50	-23.15
2	Rice Basmati Broken (Average Quality)	1 Kg	265.52	255.33	180.00	180.00	195.97	215.85	170.66	193.10	186.43	278.35	206.46	180.00	236.62	212.08	140.00	269.92	203.28	206.60	203.46	207.06	1.54	-0.22
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	178.64	161.55				160.00	177.95	147.84	173.93	177.07	146.04	152.93	115.23	124.93	150.00	159.87	150.00	154.28	153.11	161.85	0.76	-4.68
4	Bread plain (Small Size)	Each	110.00	110.00	110.00	110.00	110.00	110.00	100.00	110.00	110.00	110.00	120.00	110.00	112.92	100.00	100.00	120.00	100.00	108.83	108.83	110.77	0.00	-1.75
5	Beef with Bone (Average Quality)	1 Kg	1378.95	1372.98	1100.00	1100.00	1068.31	1200.00	1016.40	1200.00	1000.00	1292.61	1163.62	1000.00	1145.59	1029.79	900.00	1019.32	1000.00	1109.28	1106.96	966.15	0.21	14.81
6	Mutton (Average Quality)	1 Kg	2387.23	2382.86	2100.00	2100.00	2332.86	2200.00	2066.12	2249.51	1866.06	2167.64	1987.86	1700.00	2000.00	2019.61	1600.00	2033.24	1766.03	2044.05	2033.76	1903.39	0.51	7.39
7	Chicken Farm Broiler (Live)	1 Kg	416.43	416.31	398.42	399.23	378.13	389.81	428.43	394.21	380.88	426.70	403.99	414.15	410.81	414.17	425.50	441.51	433.59	409.75	340.14	381.82	20.47	7.31
8	Milk fresh (Un-boiled)	1 Ltr	226.67	216.86	200.00	170.00	187.93	200.00	173.27	197.73	173.27	220.00	218.32	200.00	243.29	236.85	175.26	200.00	200.00	201.17	199.96	192.69	0.61	4.40
9	Curd (Dahi) Loose	1 Kg	244.61	241.06	220.00	180.00	220.47	240.00	218.61	235.50	206.46	335.48	314.88	220.00	286.51	259.15	194.46	220.00	220.00	235.66	232.27	226.55	1.46	4.02
10	Powdered Milk NIDO 390 gm Polybag	Each	1119.03	1121.31	1100.00	1100.00	1100.00	1100.00	1055.53	1030.00	1100.00	1064.25	1097.49	1054.80	1030.00	1100.00	1016.40	1100.00	1100.00	1081.22	1066.25	992.20	1.40	8.97
11	Eggs Hen (Farm)	1 Dozen	274.56	270.81	279.30	275.66	260.99	261.74	260.99	257.70	262.44	283.90	274.07	275.24	286.54	274.58	278.90	278.49	276.87	272.39	299.08	250.82	-8.92	8.60
12	Mustard Oil (Average Quality)	1 Kg	643.22	633.89	511.91	500.00	541.79	554.98	483.31	580.00	461.77	540.58	421.47	400.00	496.69	629.68	466.08	597.21	593.26	527.76	530.31	496.02	-0.48	6.40
13	Cooking Oil DALDA or Other Similar	Each	2865.00	2865.00	2865.00	2865.00	2865.00	2865.00	2865.00	2884.90	2865.00	2885.25	2865.00	2874.93	2915.00	2817.75	3000.00	2865.00	2874.93	2876.42	2889.96	2672.91	-0.47	7.61
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1460.00	1460.00	1460.00	1485.00	1460.00	1460.00	1460.00	1460.00	1468.29	1460.00	1460.00	1464.97	1485.00	1446.66	1425.00	1460.00	1475.98	1461.76	1463.94	1299.02	-0.15	12.53
15	Vegetable Ghee DALDA/HABIB or Other	Each	569.00	569.00	569.00	569.00	569.00	560.00	569.00	576.99	569.00	569.00	569.00	569.00	579.00	557.76	550.00	569.00	580.00	568.35	567.57	505.98	0.14	12.33
16	Bananas (Kela) Local	1 Dozen	284.60	272.13	168.29	160.00	165.30	162.39	152.60	235.09	182.54	142.58	110.35	157.37	126.51	192.31	174.21	134.93	165.10	170.35	182.92	159.79	-6.87	6.61
17	Pulse Masoor (Washed)	1 Kg	352.48	349.80	270.00	270.00	278.95	290.15	276.63	324.37	266.62	301.11	299.78	300.00	281.29	297.08	275.96	329.94	286.51	295.99	294.94	325.02	0.36	-8.93
18	Pulse Moong (Washed)	1 Kg	439.71	409.03	371.64	361.81	385.06	363.30	398.58	398.88	393.31	385.58	413.58	420.00	395.13	389.37	380.00	449.95	430.00	398.37	404.05	337.77	-1.41	17.94
19	Pulse Mash (Washed)	1 Kg	503.75	489.90	413.94	420.00	458.52	471.29	480.00	471.03	436.64	408.45	421.63	440.00	520.45	438.88	460.00	509.96	416.02	455.19	457.39	573.48	-0.48	-20.63
20	Pulse Gram	1 Kg	364.63	358.46	280.00	285.96	274.72	283.29	286.54	324.81	291.83	318.95	297.47	306.52	320.00	336.19	315.90	357.92	346.54	313.38	316.50	330.02	-0.99	-5.04
21	Potatoes	1 Kg	103.45	97.59	93.14	94.54	88.99	96.01	89.38	93.23	100.00	76.28	73.68	60.00	63.16	93.66	68.39	70.71	83.65	83.95	76.90	98.28	9.17	-14.58
22	Onions	1 Kg	73.98	65.10	60.00	67.32	60.45	50.61	55.67	59.04	52.35	58.04	51.49	40.00	52.35	67.32	50.54	49.11	48.54	55.97	47.99	112.88	16.63	-50.42
23	Tomatoes	1 Kg	118.02	103.01	105.22	98.67	110.06	89.35	86.35	82.77	102.87	98.82	86.43	74.87	85.57	82.26	64.47	44.82	60.31	85.63	69.03	165.10	24.05	-48.13
24	Sugar Refined	1 Kg	187.82	187.44	185.96	186.55	182.95	183.31	180.10	183.40	180.98	189.09	183.03	177.17	183.88	187.85	180.99	184.49	185.38	184.11	179.38	146.37	2.64	25.78
25	Gur (Average Quality)	1 Kg	273.42	265.25	240.00	240.00	244.85	220.00	200.00	268.62	213.12	261.71	234.58	240.00	213.12	259.06	233.14	229.91	230.25	238.35	229.06	212.65	4.06	12.09
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	75.67	73.84	70.00	70.00	70.00	70.00	80.00	70.00	80.00	76.52	70.00	70.00	70.00	70.00	70.00	80.00	70.00	72.60	72.60	70.31	0.00	3.26
27	Chilies Powder NATIONAL 200 gm Packet	Each	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	320.00	333.24	0.00	-3.97
28	Garlic (Lehsun)	1 Kg	436.52	382.20	300.00	350.00	335.67	343.78	416.38	366.45	377.41	426.29	337.70	323.92	274.66	383.59	406.33	338.34	582.85	370.08	333.14	481.02	11.09	-23.06
29	Tea Lipton Yellow Label 190 gm Packet	Each	447.06	447.05	447.05	447.05	447.06	447.50	447.06	447.05	447.00	447.06	447.06	447.05	447.05	447.00	447.00	447.00	447.05	447.07	447.07	544.71	0.00	-17.93
30	Cooked Beef at Average Hotel	Per Plate	354.07	334.26	450.00	350.00	291.76	315.82	300.00	325.91	309.68	355.31	301.62	200.00	240.00	239.57	259.28	353.86	343.20	307.98	306.81	282.81	0.38	8.90
31	Cooked Daal at Average Hotel	Per Plate	241.40	220.86	150.00	170.00	194.15	176.14	150.00	141.08	173.27	183.44	172.25	154.92	120.00	133.72	130.00	180.68	166.94	165.03	152.60	11.16	9.40	
32	Tea Prepared Ordinary	Per Cup	70.00	68.58	60.00	50.00	60.00	63.16	60.00	76.52	50.00	70.00	71.45	60.00	70.00	47.37	50.00	80.00	50.00	61.38	61.26	60.19	0.20	1.98
33	Cigarettes Capstan 20'S Packet	Each	250.00	244.50	230.00	230.00	240.00	236.83	240.00	240.00	240.00	250.00	250.00	240.00	227.79	250.00	250.00	244.95	243.29	241.50	240.59	231.95	0.38	4.12
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	738.24	721.62	667.00	660.00	790.00	566.19	700.00	800.00	793.28	731.42	524.79	500.00	646.33	642.00	700.00	748.89	400.00	656.33	655.45	614.58	0.13	6.79
35	Shirting (Average Quality)	1 mtr	701.62	654.44	600.00	450.00	428.70	866.35	600.00	520.70	586.59	629.40	472.01	229.58	482.74	656.62	476.22	229.85	372.77	499.28	498.69	467.03	0.12	6.91
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	662.12	628.70	748.00	650.00	784.81	666.26	714.00	738.46	818.89	720.79	500.00	550.00	632.89	702.00	650.00	748.89	400.00	656.59	656.35	606.56	0.04	8.25
37	Georgette (Average Quality)	1 mtr	394.66	378.24	250.00	300.00	349.32	350.00	400.00	327.54	300.00	336.11	311.51	206.46	332.47	239.86	250.00	219.62	282.31	301.90	301.90	281.36	0.00	7.30
38	Gents Sandal Bata	Pair	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	2499.00	0.00	0.00
39	Gents Sponge Chappal Bata	Pair	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	599.00	0.00	0.00
40	Ladies Sandal Bata	Pair	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	1399.00	899.00	0.00	55.62
41	Electricity Charges upto 50 Units	Per Unit	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	5.04	4.43	7.47	13.77	-32.53
42	Gas Charges upto 3.3719 MMBTU	MMBTU	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2194.19	2566.50	2214.51	1976.50	1976.50	12.04	12.04
43	Firewood Whole	40 Kg	2089.01	1651.22	1500.00	1500.00	1658.35	1800.00	1250.00	1440.97	1600.00	1315.90	1096.14	900.00	988.59	1171.18	849.02	1349.38	1032.28	1324.41	1316.60	1194.17	0.59	10.91
44	Energy Saver Philips 14 Watt	Each	276.63	260.40	550.00	575.00	509.62	400.00	573.87	575.00	272.70	350.00	416.02	300.00	370.00	350.00	250.00	350.00	432.67	384.95	383.36	379.68	0.41	1.39
45	Sufi Washing Soap 250 gm Cake	Each	140.00	140.00	130.00	130.00	130.00	130.00	130.00	133.00	140.00	130.00	130.00	138.00	120.00	130.00	130.00	140.00	125.00	132.00				