

Average Monthly Prices of 51 Essential Items for the month of July 2021

S. No.	Description	Unit	Average Monthly Prices of 51 Essential Items for the month of July 2021																	Average Prices			%change Jul 21 over	
			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	21 Jun 21	Jul 20	Jul 21	Jun 21	Jul 20
1	Wheat Flour Bag	20 Kg	1170.14	1178.43	1103.97	1020.08	1090.61	1023.97	1061.95	1073.69	1046.33	1237.50	1264.61	1140.00	1167.96	1113.46	1091.50	1229.98	1196.98	1127.70	1135.93	1008.94	-0.72	11.77
2	Rice Basmati Broken (Average Quality)	1 Kg	109.00	99.87	96.25	80.00	88.78	94.54	90.00	98.13	80.00	115.05	92.40	100.00	112.92	95.87	70.00	104.92	90.00	94.44	93.13	86.62	1.41	9.03
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	76.52	78.03			60.00	60.00	90.00	68.63	70.00	79.95	77.88	60.00	65.00	70.00	74.89	89.91	80.00	72.78	72.35	68.84	0.59	5.72
4	Bread plain (Small Size)	Each	65.00	65.00	60.00	70.00	65.00	65.00	65.00	65.00	45.00	45.00	65.00	70.00	60.00	60.00	43.27	60.00	50.00	59.24	59.24	50.32	0.00	17.73
5	Beef with Bone (Average Quality)	1 Kg	652.45	652.62	536.20	550.00	513.80	566.19	513.25	550.00	436.08	674.12	528.59	500.00	500.00	500.00	469.37	591.93	500.00	539.54	532.67	465.24	1.29	15.97
6	Mutton (Average Quality)	1 Kg	1320.60	1311.07	1172.48	1200.00	1209.37	1200.00	1100.00	1100.00	973.01	1199.54	1140.61	1000.00	1050.00	993.32	900.00	1149.27	1000.00	1112.70	1102.49	958.45	0.93	16.09
7	Chicken Farm Broiler (Live)	1 Kg	191.51	189.53	167.14	180.97	166.96	172.31	172.55	191.69	168.13	183.33	185.53	194.59	197.53	185.65	194.19	232.63	231.24	187.69	214.97	188.75	-12.69	-0.56
8	Milk fresh (Un-boiled)	1 Ltr	129.51	125.12	124.57	100.00	96.07	103.23	90.00	99.53	90.00	128.43	120.00	110.00	116.57	126.48	106.56	120.00	110.00	110.75	109.96	99.63	0.72	11.16
9	Curd (Dahi) Loose	1 Kg	138.22	139.90	134.57	110.00	115.61	113.24	120.00	116.57	100.00	198.09	160.00	120.00	126.33	136.49	120.00	134.94	120.00	128.04	127.54	114.00	0.39	12.32
10	Powdered Milk NIDO 390 gm Polybat	Each	495.98	495.98	495.00	500.00	490.00	490.00	490.00	480.00	481.98	490.86	491.45	481.98	490.00	480.00	490.00	500.00	502.96	490.91	489.21	466.56	0.35	5.22
11	Eggs Hen (Farm)	1 Dozen	162.59	158.69	155.92	155.92	156.77	160.63	155.99	150.52	151.94	162.00	163.07	152.73	131.94	162.61	168.55	162.78	163.18	157.19	151.36	127.01	3.85	23.76
12	Mustard Oil (Average Quality)	1 Kg	398.55	389.21	320.00	295.89	294.05	300.24	305.20	290.98	300.00	297.11	272.63	260.00	298.62	300.00	270.00	274.97	291.83	301.58	297.41	221.40	1.40	36.21
13	Cooking Oil DALDA or Other Similar	Each	1678.87	1678.87	1605.09	1626.33	1578.68	1576.25	1582.25	1540.00	1626.33	1703.18	1651.34	1540.00	1591.78	1651.34	1562.34	1716.80	1551.97	1614.44	1547.13	1268.76	4.35	27.25
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	848.40	848.40	787.58	875.00	875.00	794.04	787.58	775.00	813.37	861.60	833.54	775.00	779.00	781.72	779.61	802.88	778.00	810.73	776.01	637.88	4.47	27.10
15	Vegetable Ghee DALDA/HABIB or Other	Each	318.36	318.36	325.26	323.15	316.00	318.36	318.36	330.77	323.15	336.13	335.85	310.73	311.55	310.73	307.84	320.85	308.32	319.52	305.30	246.92	4.66	29.40
16	Bananas (Kela) Local	1 Dozen	137.24	118.81	107.15	98.93	107.00	88.69	76.52	116.38	123.44	79.89	72.73	92.58	80.00	89.37	113.88	97.18	87.47	97.68	117.57	91.24	-16.92	7.06
17	Pulse Masoor (Washed)	1 Kg	173.22	162.57	146.93	171.91	158.44	157.31	180.00	147.72	150.00	156.65	146.90	143.26	140.00	150.00	153.26	175.94	160.00	156.88	159.41	155.52	-1.59	0.87
18	Pulse Moong (Washed)	1 Kg	213.43	205.08	159.31	192.62	188.83	173.27	185.23	150.50	185.12	216.11	186.01	220.44	188.64	200.00	157.90	237.68	238.44	192.40	212.61	245.31	-9.51	-21.57
19	Pulse Mash (Washed)	1 Kg	269.87	269.90	243.29	233.29	274.79	233.29	260.00	217.69	226.47	238.10	221.74	227.23	240.00	256.66	256.62	277.91	210.56	243.69	252.19	241.57	-3.37	0.88
20	Pulse Gram	1 Kg	159.80	155.92	132.64	131.61	135.15	142.60	140.00	139.44	150.00	156.33	142.76	143.26	140.00	150.00	133.25	174.95	160.00	145.89	148.31	136.74	-1.63	6.69
21	Potatoes	1 Kg	63.54	59.31	53.13	59.27	55.49	71.08	70.26	55.55	60.00	39.83	37.29	37.76	32.19	52.70	60.28	44.81	42.45	51.34	48.12	62.23	6.69	-17.50
22	Onions	1 Kg	57.95	49.98	50.00	55.78	53.09	47.36	40.00	42.87	40.00	40.63	39.62	40.00	32.59	42.24	43.36	42.59	31.11	43.48	31.59	39.26	37.64	10.75
23	Tomatoes	1 Kg	73.80	73.11	75.53	74.98	73.14	69.67	60.10	66.48	75.53	73.32	65.70	68.41	75.17	53.11	46.76	56.33	35.65	64.51	34.55	82.55	86.71	-21.85
24	Sugar Refined	1 Kg	104.70	104.26	102.56	102.97	103.54	99.98	99.97	101.77	103.31	104.67	101.84	99.83	99.55	101.54	102.62	105.11	100.18	102.24	98.35	85.68	3.96	19.33
25	Gur (Average Quality)	1 Kg	142.44	141.47	134.57	130.00	134.67	141.20	130.59	120.00	133.25	146.67	141.57	135.91	116.57	134.35	139.76	144.94	137.95	135.40	133.09	125.03	1.74	8.29
26	Salt Powdered (NATIONAL/SHAN) 80	Each	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.00	30.11	0.00	-0.37
27	Chilies Powder NATIONAL 200 gm Pa	Each	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	380.00	273.44	0.00	38.97
28	Garlic (Lehsun)	1 Kg	272.60	215.14	206.15	223.85	200.03	195.89	198.70	223.07	231.41	237.54	188.08	223.49	195.83	230.60	208.56	255.83	209.10	217.54	184.17	228.45	18.12	-4.78
29	Tea Lipton Yellow Label 190 gm Pack	Each	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	230.00	229.94	0.00	0.03
30	Cooked Beef at Average Hotel	Per Plate	171.53	157.02	186.43	180.00	140.36	215.44	140.00	135.19	173.07	142.04	122.36	150.00	165.10	150.00	110.00	205.78	223.28	159.90	158.53	139.41	0.86	14.70
31	Cooked Daal at Average Hotel	Per Plate	114.88	97.09	73.19	70.00	80.00	80.00	70.00	66.83	80.00	80.00	71.58	80.00	80.00	73.19	60.00	104.92	93.22	79.79	79.19	72.13	0.76	10.62
32	Tea Prepared Ordinary	Per Cup	31.99	30.00	30.00	30.00	30.00	30.00	30.00	28.81	29.64	30.00	35.00	30.00	31.58	24.46	21.54	30.00	30.00	29.44	29.29	26.91	0.51	9.40
33	Cigarettes Capstan 20'S Packet	Each	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	80.00	89.68	80.00	80.00	90.00	90.00	91.66	90.00	90.00	83.47	83.47	83.54	0.00	-0.08
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	409.65	391.84	395.00	400.00	293.30	315.82	400.00	394.00	391.42	300.00	350.00	375.00	350.00	450.00	453.31	548.48	389.46	384.31	381.91	340.84	0.63	12.75
35	Shirting (Average Quality)	1 mtr	420.63	385.16	265.66	270.00	163.27	215.44	250.00	250.00	343.30	257.00	173.27	173.21	224.07	427.71	350.00	164.95	200.00	253.73	253.73	216.56	0.00	17.16
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	350.76	333.10	436.00	309.68	333.13	365.93	530.00	478.00	459.15	427.96	350.00	393.00	500.00	480.00	526.65	498.33	353.30	412.76	412.54	375.23	0.05	10.00
37	Georgette (Average Quality)	1 mtr	238.09	225.92	200.00	200.00	184.63	159.40	246.62	141.50	113.24	151.94	130.00	150.00	200.00	176.09	150.00	134.94	200.00	172.47	172.47	155.51	0.00	10.91
38	Gents Sandal Bata	Pair	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	1199.00	899.00	0.00	33.37
39	Gents Sponge Chappal Bata	Pair	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	249.00	199.00	0.00	25.13
40	Ladies Sandal 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
41	Electricity Charges upto 50 Units	Per Unit	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.96	5.98	3.70	-0.33	61.08
42	Gas Charges upto 3.3719 MMBTU	MMBTU	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	141.57	0.00	0.00
43	Firewood Whole	40 Kg	1000.00	949.20	850.00	750.00	906.47	800.00	650.00	774.60	800.00	702.53	666.26	500.00	550.00	740.88	550.00	689.95	801.32	733.29	734.83	691.41	-0.21	6.06
44	Energy Saver Philips 14 Watt	Each	176.60	175.26	225.00	220.00	210.00	165.00	255.87	200.00	200.00	180.00	230.00	160.00	240.00	220.00	190.00	220.00	230.00	203.94	202.61	192.06	0.66	6.19
45	Sufi Washing Soap 250 gm Cake	Each	60.00	60.00	56.62	60.00	60.00	62.00	60.97	60.00	60.00	60.00	55.00	57.50	55.00	60.00	60.00	60.97	55.00	58.96	58.85	48.55	0.19	21.44
46	Match Box	Each	3.30	3.30	3.00	4.00	3.56	3.00																