

Average Monthly Prices of 51 Essential Items for the month of March 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			%change Mar 25 over	
			Mar 25	Feb 25	Mar 24																Feb 25	Mar 24	Feb 25	Mar 24
1	Wheat Flour Bag	20 Kg	1801.81	1792.14	1681.21	1708.00	1710.00	1654.80	1800.00	1656.04	1666.56	1866.38	1913.47	1719.94	1716.48	1742.05	1705.76	1884.94	1916.52	1758.84	1761.74	2726.53	-0.16	-35.49
2	Rice Basmati Broken (Average Quality)	1 Kg	253.13	233.20	163.27	170.00	185.60	220.00	160.00	193.10	186.43	270.20	208.33	200.00	236.62	226.62	130.00	269.92	203.28	202.79	205.25	224.23	-1.20	-9.56
3	Rice IRRI-6/9 (Sindh/Punjab)	1 Kg	171.14	148.93				160.00	170.00	158.86	170.00	179.13	146.54	170.00	116.57	136.76	170.00	179.88	150.00	158.13	157.55	170.02	0.37	-6.99
4	Bread plain (Small Size)	Each	110.00	110.00	107.41	100.00	104.88	110.00	110.00	110.00	107.41	110.00	120.00	110.00	112.92	100.00	100.00	120.00	100.00	108.23	108.99	114.79	-0.70	-5.71
5	Beef with Bone (Average Quality)	1 Kg	1295.76	1293.94	1100.00	1100.00	1030.59	1200.00	950.00	1181.70	983.05	1266.23	1116.23	900.00	1048.81	985.10	850.00	979.72	1000.00	1067.39	1043.48	878.08	2.29	21.56
6	Mutton (Average Quality)	1 Kg	2312.22	2285.96	2100.00	2100.00	2232.84	2200.00	1900.00	2132.82	1832.73	2151.43	1932.32	1600.00	2000.00	2008.69	1600.00	1998.33	1733.17	1995.29	1977.77	1802.71	0.89	10.68
7	Chicken Farm Broiler (Live)	1 Kg	491.33	501.88	480.14	479.65	462.40	505.72	468.25	477.07	455.90	528.28	512.55	503.50	506.36	497.77	502.29	539.75	569.82	498.22	452.90	432.18	10.01	15.28
8	Milk fresh (Un-boiled)	1 Ltr	224.04	216.86	200.00	170.00	187.47	200.00	160.00	189.94	173.27	220.00	218.32	200.00	233.14	233.85	160.00	200.00	200.00	197.88	198.20	185.55	-0.16	6.65
9	Curd (Dahi) Loose	1 Kg	240.00	241.06	220.00	180.00	220.47	240.00	200.00	225.50	200.00	335.48	314.88	220.00	248.17	255.22	170.00	220.00	220.00	229.15	231.16	217.50	-0.87	5.36
10	Powdered Milk NIDO 390 gm Polybag	Each	1077.37	1057.92	1030.00	1030.00	1030.00	1037.49	1040.00	1030.00	1030.00	1015.66	1061.66	1030.00	1030.00	1052.21	1016.40	1030.00	1030.00	1036.86	1036.24	824.06	0.06	25.82
11	Eggs Hen (Farm)	1 Dozen	283.92	280.08	272.21	278.07	273.73	293.09	272.97	268.11	272.66	285.70	274.04	276.91	284.51	280.16	291.50	304.87	279.71	280.58	263.55	272.83	6.46	2.84
12	Mustard Oil (Average Quality)	1 Kg	643.22	633.89	529.91	540.00	551.94	554.98	600.00	580.00	506.58	571.96	487.77	426.84	494.54	655.37	516.14	597.21	593.26	554.63	564.45	501.09	-1.74	10.68
13	Cooking Oil DALDA or Other Similar	Each	2915.00	2915.00	2915.00	2945.00	2915.00	2922.47	2915.00	2937.47	2937.31	2916.58	2915.00	2945.00	2915.00	2915.00	2945.00	2929.96	2895.00	2923.13	2933.34	2652.88	-0.35	10.19
14	Vegetable Ghee DALDA/HABIB 2.5 kg	Each	1485.00	1485.00	1485.00	1485.00	1485.00	1492.44	1485.00	1515.00	1498.22	1485.00	1485.00	1506.21	1485.00	1480.00	1450.00	1489.94	1460.00	1485.63	1495.78	1289.52	-0.68	15.21
15	Vegetable Ghee DALDA/HABIB or Other	Each	579.00	579.00	579.00	579.00	579.00	570.00	579.00	579.00	579.00	579.00	581.73	590.00	579.00	579.00	560.00	579.00	585.00	578.48	584.12	497.90	-0.97	16.18
16	Bananas (Kela) Local	1 Dozen	344.59	333.17	244.84	286.63	226.30	197.86	200.00	297.17	225.65	191.36	163.40	157.37	124.63	212.92	232.50	137.10	145.02	209.65	159.69	177.87	31.29	17.87
17	Pulse Masoor (Washed)	1 Kg	348.79	347.96	272.47	280.00	285.79	295.76	280.00	315.95	263.29	294.68	302.42	275.00	280.00	279.42	267.37	339.94	286.51	293.89	298.55	333.59	-1.56	-11.90
18	Pulse Moong (Washed)	1 Kg	432.27	398.54	399.16	387.48	397.72	341.62	400.00	388.76	386.60	395.72	414.91	400.00	346.54	411.86	400.00	444.92	400.00	396.07	400.88	311.92	-1.20	26.98
19	Pulse Mash (Washed)	1 Kg	503.75	489.90	427.42	429.94	478.40	479.19	479.16	477.58	453.27	419.38	437.90	460.00	447.44	444.70	484.71	502.44	469.78	463.12	483.03	540.03	-4.12	-14.24
20	Pulse Gram	1 Kg	375.66	367.42	274.51	272.47	290.42	300.00	282.29	298.82	281.41	309.06	304.10	296.35	311.51	310.35	296.63	341.08	373.21	309.31	332.51	259.56	-6.98	19.17
21	Potatoes	1 Kg	79.09	75.70	64.80	62.35	65.05	53.13	52.33	61.04	61.41	67.84	56.30	51.15	53.13	83.53	60.77	54.38	81.50	62.95	68.31	68.35	-7.85	-7.90
22	Onions	1 Kg	94.10	87.95	74.81	73.85	71.90	58.21	56.23	62.97	72.84	69.13	56.58	53.82	60.28	90.65	72.87	64.48	83.03	69.80	88.62	221.59	-21.24	-68.50
23	Tomatoes	1 Kg	108.19	99.42	101.94	86.80	83.41	83.24	81.81	70.56	94.32	50.18	37.61	48.99	50.42	96.32	65.15	61.45	74.05	73.04	58.21	122.11	25.48	-40.19
24	Sugar Refined	1 Kg	172.95	173.54	169.96	171.20	169.75	166.20	165.95	164.48	167.03	170.17	167.13	163.96	164.53	170.51	165.37	172.08	168.46	168.40	155.07	144.36	8.60	16.65
25	Gur (Average Quality)	1 Kg	254.15	246.25	200.00	214.82	214.51	200.00	200.00	207.48	175.76	249.37	233.21	184.80	171.63	222.18	200.00	209.90	206.46	209.94	207.95	206.06	0.96	1.88
26	Salt Powdered (NATIONAL/SHAN) 800 gm	Each	75.67	73.84	70.00	70.00	70.00	70.00	80.00	70.00	70.00	76.36	70.00	70.00	70.00	70.00	70.00	80.00	70.00	72.03	71.95	69.23	0.11	4.04
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	400.00	0.00	-20.00
28	Garlic (Lehsun)	1 Kg	696.41	698.15	654.63	671.07	493.70	600.00	598.96	655.97	656.65	555.95	492.37	566.19	578.14	727.82	695.69	612.62	748.89	625.10	700.12	598.91	-10.72	4.37
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	469.29	499.82	447.05	447.00	447.00	542.85	447.05	456.48	516.56	544.71	-11.63	-16.20
30	Cooked Beef at Average Hotel	Per Plate	344.81	310.75	450.00	350.00	281.76	315.82	300.00	300.00	273.17	353.92	301.62	200.00	240.00	239.57	250.00	344.98	343.20	300.67	300.67	276.35	0.00	8.80
31	Cooked Dal at Average Hotel	Per Plate	241.40	220.86	150.00	170.00	194.15	176.14	150.00	141.08	136.58	182.46	172.25	154.92	120.00	133.72	130.00	162.35	193.10	163.53	163.12	144.99	0.25	12.79
32	Tea Prepared Ordinary	Per Cup	70.00	68.58	60.00	50.00	60.00	63.16	60.00	76.52	50.00	69.67	71.45	60.00	70.00	47.37	50.00	76.09	50.00	61.19	61.37	59.03	-0.29	3.66
33	Cigarettes Capstan 20'S Packet	Each	245.70	244.50	230.00	230.00	230.00	230.00	240.00	240.00	226.62	247.39	250.00	236.20	220.00	250.00	250.00	244.95	223.28	237.37	234.95	221.80	1.03	7.02
34	Long Cloth 57" Gul Ahmed/Al Karam	1 mtr	679.43	664.20	667.00	660.00	678.00	497.40	700.00	758.00	793.28	726.84	503.28	500.00	516.14	642.00	700.00	697.01	400.00	624.42	619.12	578.12	0.86	8.01
35	Shirting (Average Quality)	1 mtr	701.62	654.44	500.00	450.00	428.70	866.35	600.00	520.70	586.59	624.47	464.76	229.58	313.19	656.62	476.22	229.85	363.21	480.14	479.97	425.98	0.04	12.71
36	Lawn Printed Gul Ahmed/Al Karam	1 mtr	579.00	531.95	748.00	650.00	784.81	615.92	714.00	655.00	818.89	662.91	494.92	550.00	532.80	702.00	650.00	697.01	400.00	625.03	611.82	562.60	2.16	11.10
37	Georgette (Average Quality)	1 mtr	394.66	378.24	250.00	300.00	349.32	350.00	400.00	327.54	300.00	335.32	311.51	206.46	265.66	239.86	236.44	219.62	282.31	296.92	293.97	267.19	1.00	11.13
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	2299.00	0.00	8.70
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	799.00	0.00	75.09
41	Electricity Charges upto 50 Units	Per Unit	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	6.00	7.40	0.00	-18.92
42	Gas Charges upto 3.3719 MMBTU	MMBTU	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	1976.50	0.00	0.00
43	Firewood Whole	40 Kg	2089.01	1651.22	1500.00	1500.00	1685.54	1800.00	1250.00	1440.97	1600.00	1343.26	1066.41	900.00	883.01	1185.27	849.02	1374.16	1032.28	1318.70	1323.05	1190.82	-0.33	10.74
44	Energy Saver Philips 14 Watt	Each	276.63	260.40	550.00	575.00	500.00	400.00	580.00	575.00	272.70	350.00	350.00	300.00	370.00	350.00	250.00	350.00	432.67	380.86	380.86	370.40	0.00	2.82
45	Sufi Washing Soap 250 gm Cake	Each	140.00	140.00	130.00																			