

175

Count of Country

3.68

Average Daily Cost

1.34K

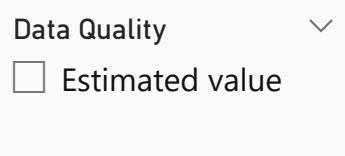
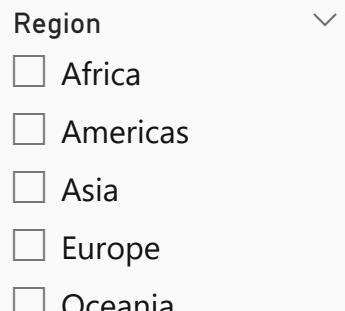
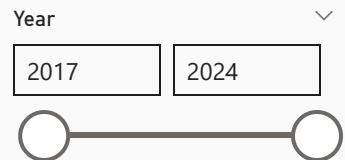
Average Annual Cost

-0.15

YoY Cost Growth %

Global Healthy Diet Cost

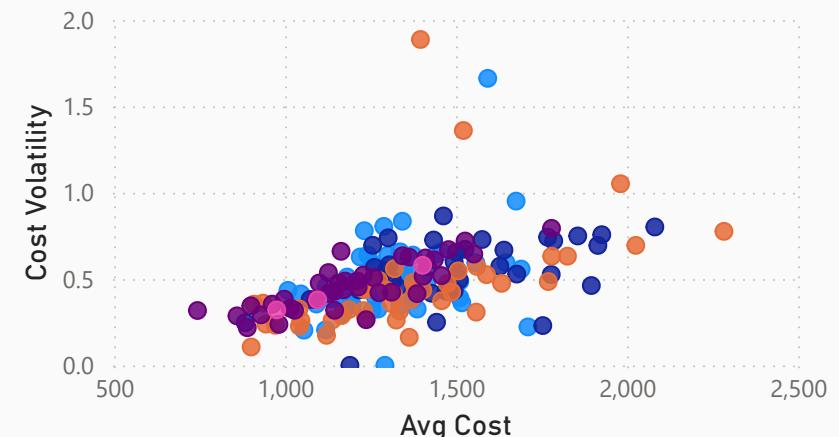
Executive Overview (2017–2024)



The global average daily cost of a healthy diet shows a clear upward trajectory between 2017 and 2022, followed by slight stabilization in recent years, suggesting post-pandemic price normalization.

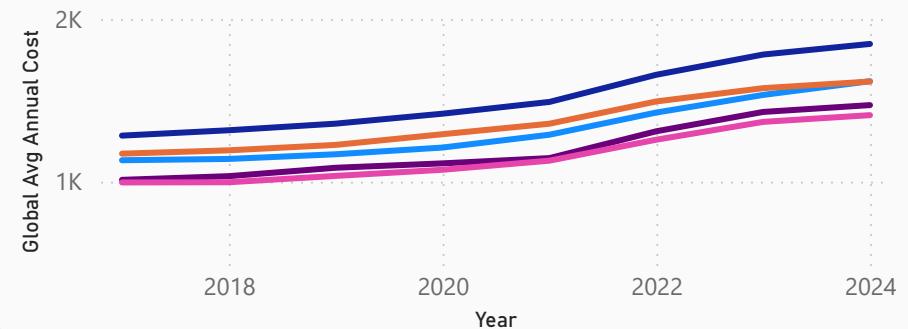
Avg Cost and Cost Volatility by Country and Region

Region ● Africa ● Americas ● Asia ● Europe ● Oceania

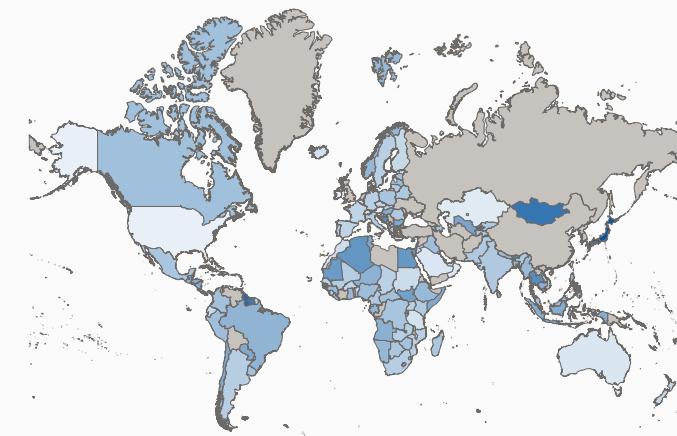


Global Avg Annual Cost by Year and Region

Region ● Africa ● Americas ● Asia ● Europe ● Oceania

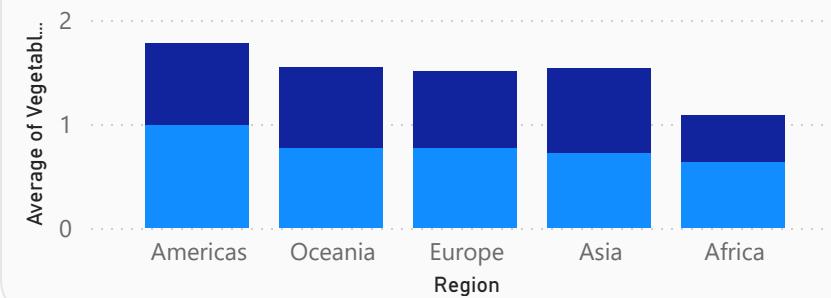


Avg Cost, First Region, Global Avg Daily Cost and First Cost Category by Country



Average of Vegetable Cost (PPP USD) and Average of Fruit Cost (PPP USD) by Region

● Average of Vegetable Cost (PPP USD) ● Average of Fruit Cost (PPP USD)



Year

Region

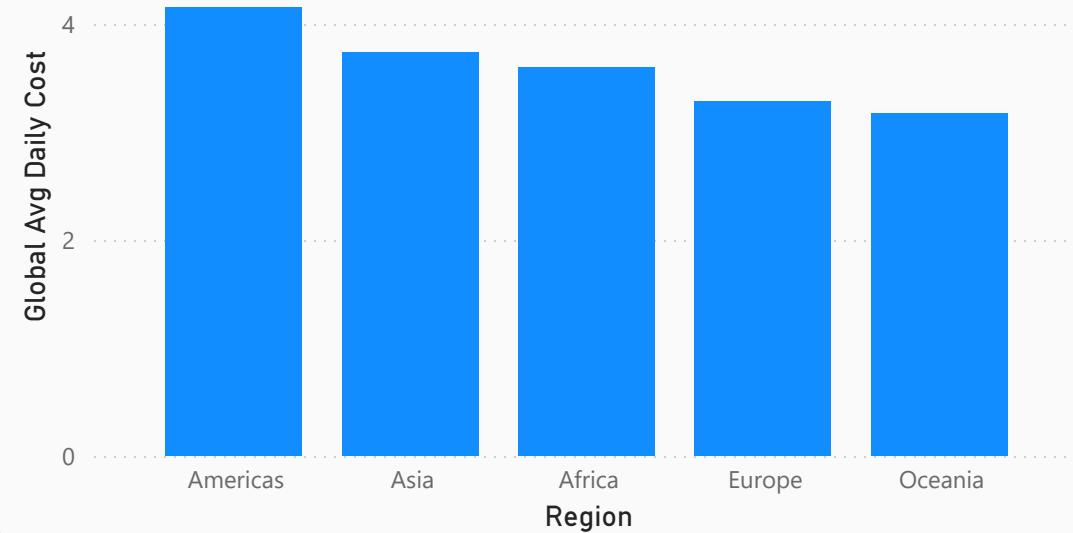
Data Quality

Regional Cost Disparities

Purpose: Show inequality clearly

Country	First Region	Global Avg Daily Cost	First Cost Category
Antigua and Barbuda	Americas	4.89	High Cost
Bhutan	Asia	5.00	High Cost
Dominica	Americas	5.25	High Cost
Guyana	Americas	5.70	High Cost
Jamaica	Americas	5.19	High Cost
Japan	Asia	6.26	High Cost
Mongolia	Asia	5.43	High Cost
Republic of Korea	Asia	5.55	High Cost
Saint Vincent and the Grenadines	Americas	5.09	High Cost
Suriname	Americas	5.28	High Cost
Total	Americas	5.36	High Cost

Global Avg Daily Cost by Region



Year	Africa	Americas	Asia	Europe	Oceania	Total
2024	1,617.59	1,846.70	1,615.51	1,470.66	1,408.90	1,628.99
2023	1,533.14	1,781.50	1,574.85	1,428.59	1,367.53	1,571.01
2022	1,424.93	1,657.20	1,493.19	1,309.77	1,258.03	1,463.61
2021	1,288.59	1,490.19	1,356.22	1,144.85	1,129.07	1,314.57
2020	1,209.72	1,417.88	1,291.76	1,112.48	1,073.10	1,251.14
2019	1,168.43	1,356.71	1,226.06	1,085.49	1,035.38	1,202.70
2018	1,139.73	1,316.07	1,192.70	1,033.91	996.45	1,165.03
2017	1,131.71	1,283.07	1,172.15	1,011.24	995.23	1,146.25
Total	1,313.79	1,516.76	1,364.72	1,199.63	1,157.96	1,342.26

Highest Cost Regions

The Americas and parts of Asia consistently record the highest average daily healthy diet costs, indicating stronger price levels or higher food production costs.

Year

All

Region

All

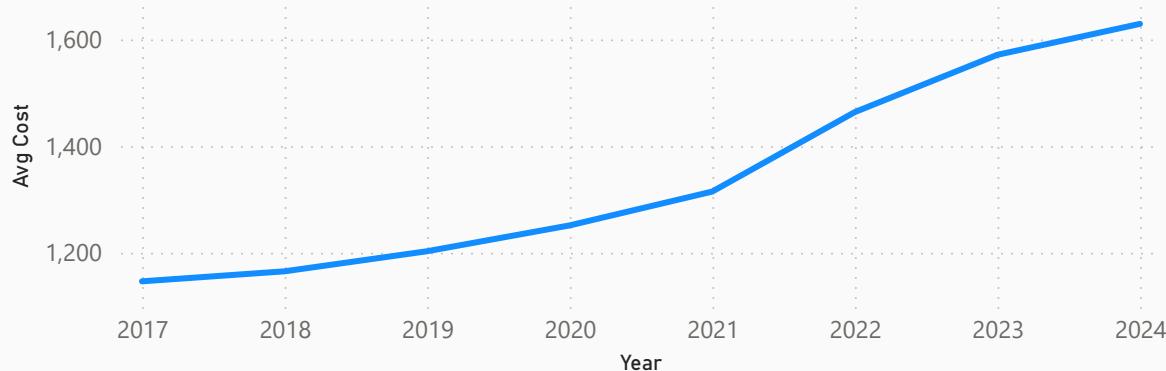
Data Quality

All

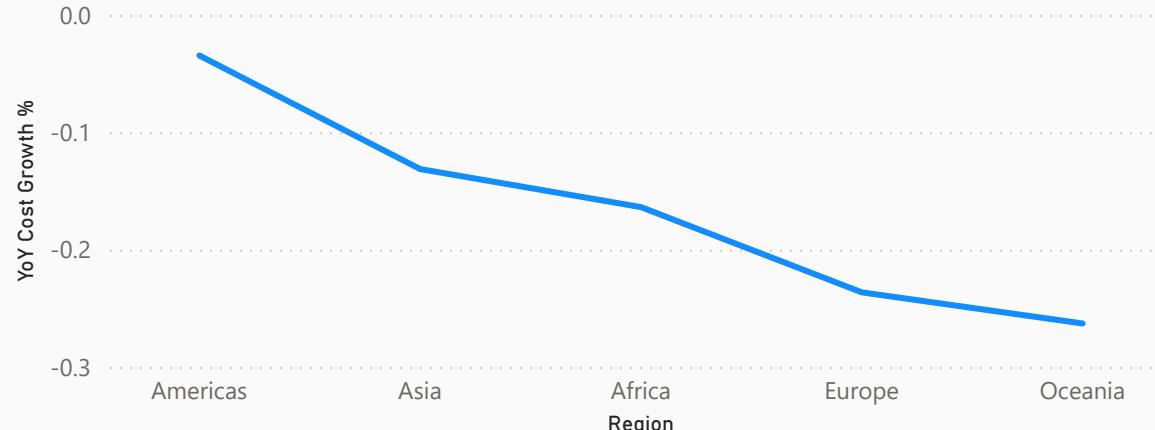
Time & Volatility Analysis

Purpose: Show stability vs risk

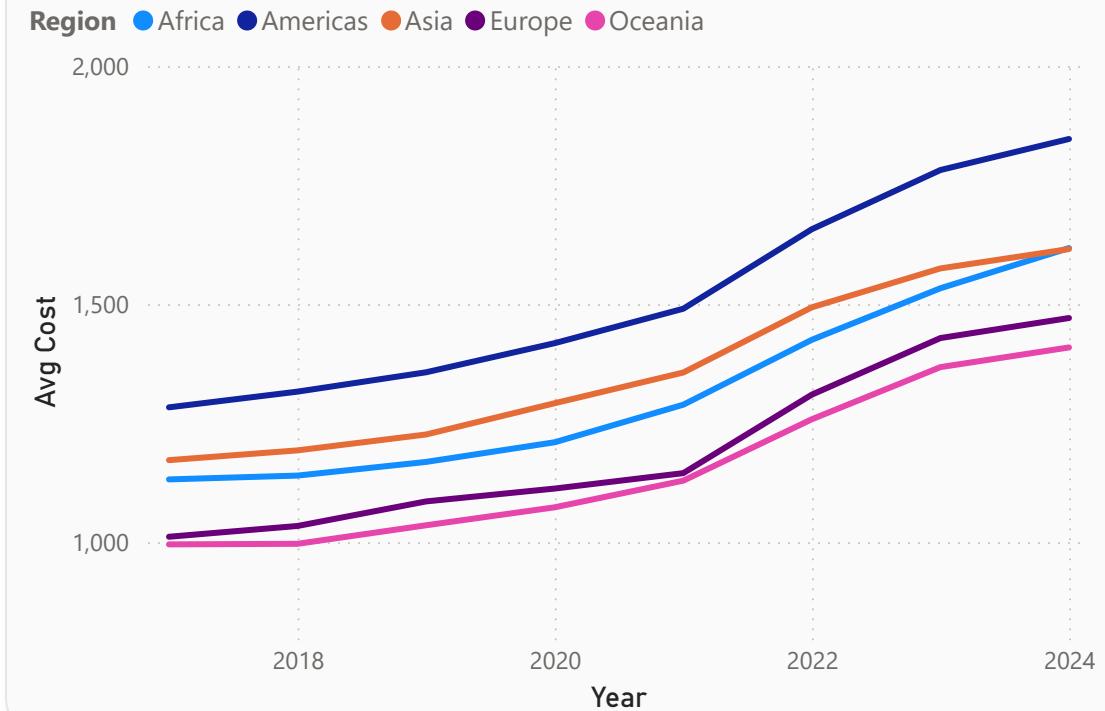
Avg Cost by Year



YoY Cost Growth % by Region



Avg Cost by Year and Region



Pandemic Impact

A pronounced cost increase is observed between 2020 and 2022, aligning with global pandemic-related supply chain disruptions.

Year

Region

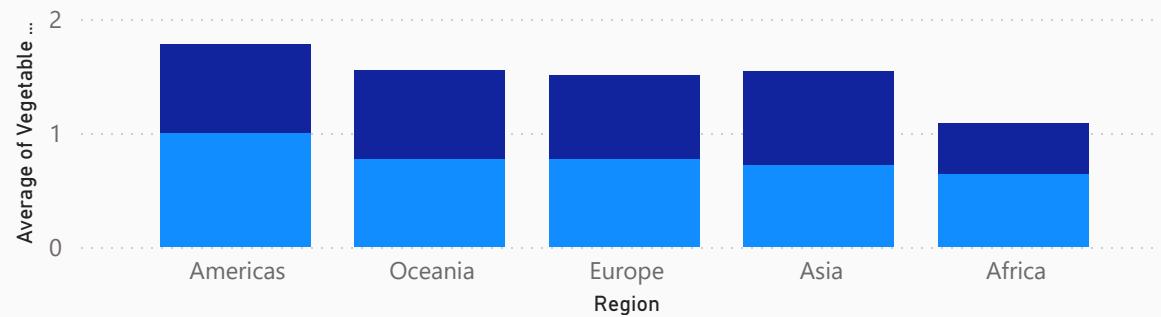
Data Quality

Diet Component Breakdown

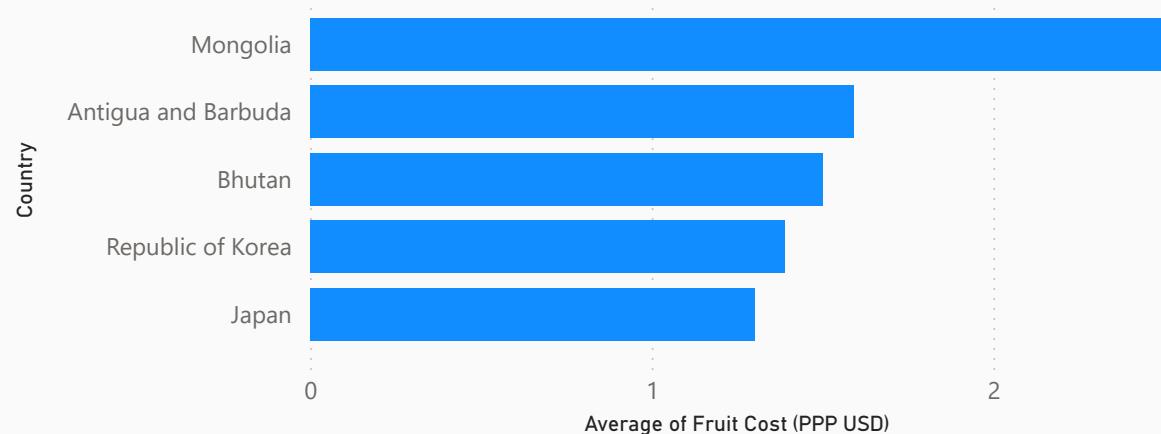
Purpose: Policy-useful insights

Average of Vegetable Cost (PPP USD) and Average of Fruit Cost (PPP USD) by Region

● Average of Vegetable Cost (PPP USD) ● Average of Fruit Cost (PPP USD)



Average of Fruit Cost (PPP USD) by Country



Country	Average of Fruit Cost (PPP USD)	Average of Vegetable Cost (PPP USD)
Algeria	1.10	0.72
Antigua and Barbuda	1.59	1.26
Aruba	1.09	1.00
Bhutan	1.50	0.99
Cayman Islands	1.19	0.89
Grenada	1.07	1.29
Jamaica	1.24	1.69
Japan	1.30	1.57
Malta	1.06	0.79
Mongolia	2.50	0.90
Republic of Korea	1.39	1.62
Suriname	1.07	1.45
Trinidad and Tobago	1.19	1.08
Tunisia	1.17	0.60
Uzbekistan	1.03	0.47
Total	1.30	1.09

Component Sensitivity

Changes in fruit pricing appear to have a stronger impact on total diet cost fluctuations than vegetable pricing.