



# MONITOREO DE PRECIOS DE LOS 30 PRODUCTOS DE LA CANASTA BÁSICA ALIMENTARIA EN HONDURAS

CORRESPONDIENTE AL PERÍODO: 05 AL 12 DE SEPTIEMBRE DE 2025

| PRODUCTOS      |                                      | PRESENTACIÓN         |               | PROMEDIO GENERAL: 0.46% <span>↓</span> |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
|----------------|--------------------------------------|----------------------|---------------|----------------------------------------|----------|----------------|---------------|---------------|--------------------------------|----------|------------|----------------|---------------|-------------------------------------|----------|------------|---------|----------------|--------|---------|-----|
|                |                                      |                      |               | AHORROFERIAS: 0.39% <span>↓</span>     |          |                |               |               | MERCADOS: 0.96% <span>↓</span> |          |            |                |               | SUPERMERCADOS: 0.12% <span>↑</span> |          |            |         |                |        |         |     |
|                |                                      |                      |               | Precio promedio <sup>1</sup>           |          | Variación      |               |               | Precio promedio                |          | Variación  |                |               | Precio promedio                     |          |            |         | Variación      |        |         |     |
|                |                                      | 05 septiembre        | 12 septiembre |                                        | Lempiras | Porcentaje     | 05 septiembre | 12 septiembre |                                | Lempiras | Porcentaje | 05 septiembre  | 12 septiembre |                                     | Lempiras | Porcentaje |         |                |        |         |     |
| Carne Blanca   |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| a.             | Pescado blanco                       | Libra                | a.            | L31.67                                 | L33.33   | <span>↑</span> | L1.67         | 5.26%         | a.                             | L42.78   | L42.56     | <span>↓</span> | -L0.22        | -0.51%                              | a.       | L59.00     | L59.27  | <span>↑</span> | L0.27  | 0.45%   | a.  |
| Carne Roja     |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| b.             | Costilla de cerdo regular            | Libra                | b.            | L67.00                                 | L68.00   | <span>↑</span> | L1.00         | 1.49%         | b.                             | L69.42   | L69.17     | <span>↓</span> | -L0.25        | -0.36%                              | b.       | L61.75     | L62.42  | <span>↑</span> | L0.67  | 1.09%   | b.  |
| c.             | Costilla de res regular              | Libra                | c.            | L69.33                                 | L69.33   | <span>±</span> | L0.00         | 0.00%         | c.                             | L69.17   | L69.17     | <span>±</span> | L0.00         | 0.00%                               | c.       | L71.00     | L71.05  | <span>↑</span> | L0.05  | 0.07%   | c.  |
| d.             | Pollo entero congelado (sin menudo)  | Libra                | d.            | L26.67                                 | L26.50   | <span>↓</span> | -L0.17        | -0.63%        | d.                             | L31.44   | L31.33     | <span>↓</span> | -L0.11        | -0.35%                              | d.       | L37.04     | L37.12  | <span>↑</span> | L0.07  | 0.20%   | d.  |
| e.             | Tajo de res                          | Libra                | e.            | L82.33                                 | L82.33   | <span>±</span> | L0.00         | 0.00%         | e.                             | L83.42   | L83.08     | <span>↓</span> | -L0.33        | -0.40%                              | e.       | L108.33    | L109.55 | <span>↑</span> | L1.22  | 1.13%   | e.  |
| Frutas         |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| f.             | Banano fresco maduro                 | Unidad               | f.            | L3.89                                  | L4.11    | <span>↑</span> | L0.22         | 5.75%         | f.                             | L4.25    | L3.94      | <span>↓</span> | -L0.31        | -7.22%                              | f.       | L3.63      | L3.10   | <span>↓</span> | -L0.53 | -14.62% | f.  |
| g.             | Naranja dulce                        | Unidad               | g.            | L4.47                                  | L4.80    | <span>↑</span> | L0.33         | 7.46%         | g.                             | L4.67    | L4.67      | <span>±</span> | L0.00         | 0.00%                               | g.       | L4.55      | L5.24   | <span>↑</span> | L0.70  | 15.29%  | g.  |
| h.             | Plátano maduro                       | Unidad               | h.            | L10.00                                 | L10.00   | <span>±</span> | L0.00         | 0.00%         | h.                             | L8.94    | L8.75      | <span>↓</span> | -L0.19        | -2.16%                              | h.       | L11.99     | L11.95  | <span>↓</span> | -L0.04 | -0.33%  | h.  |
| Huevos         |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| i.             | Huevos medianos                      | Cartón (30 Unidades) | i.            | L86.33                                 | L84.00   | <span>↓</span> | -L2.33        | -2.70%        | i.                             | L91.11   | L85.00     | <span>↓</span> | -L6.11        | -6.71%                              | i.       | L105.59    | L104.64 | <span>↓</span> | -L0.96 | -0.90%  | i.  |
| Varios         |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| j.             | Aceite de vegetal                    | 443 ml               | j.            | L38.00                                 | L38.00   | <span>±</span> | L0.00         | 0.00%         | j.                             | L35.45   | L36.33     | <span>↑</span> | L0.89         | 2.50%                               | j.       | L38.79     | L39.37  | <span>↑</span> | L0.58  | 1.50%   | j.  |
| k.             | Café molido                          | 16 onz               | k.            | L115.00                                | L115.67  | <span>↑</span> | L0.67         | 0.58%         | k.                             | L115.28  | L115.03    | <span>↓</span> | -L0.25        | -0.22%                              | k.       | L117.29    | L117.87 | <span>↑</span> | L0.58  | 0.49%   | k.  |
| l.             | Espagueti                            | 200 g                | l.            | L9.33                                  | L9.33    | <span>±</span> | L0.00         | 0.00%         | l.                             | L8.89    | L9.36      | <span>↑</span> | L0.47         | 5.29%                               | l.       | L11.76     | L11.31  | <span>↓</span> | -L0.46 | -3.87%  | l.  |
| m.             | Jugo natural                         | Bolsa                | m.            | L14.67                                 | L14.33   | <span>↓</span> | -L0.33        | -2.27%        | m.                             | L17.02   | L17.61     | <span>↑</span> | L0.59         | 3.49%                               | m.       | L17.70     | L17.52  | <span>↓</span> | -L0.18 | -1.05%  | m.  |
| n.             | Manteca comestible de origen vegetal | Libra                | n.            | L26.33                                 | L25.00   | <span>↓</span> | -L1.33        | -5.06%        | n.                             | L25.58   | L26.28     | <span>↑</span> | L0.69         | 2.71%                               | n.       | L26.55     | L26.48  | <span>↓</span> | -L0.07 | -0.26%  | n.  |
| ñ.             | Pan molde blanco                     | 540 g                | ñ.            | L53.67                                 | L54.67   | <span>↑</span> | L1.00         | 1.86%         | ñ.                             | L55.75   | L56.05     | <span>↑</span> | L0.30         | 0.54%                               | ñ.       | L56.29     | L58.21  | <span>↑</span> | L1.92  | 3.41%   | ñ.  |
| o.             | Sal común de mesa yodada             | 227 g                | o.            | L3.17                                  | L3.00    | <span>↓</span> | -L0.17        | -5.26%        | o.                             | L2.89    | L2.86      | <span>↓</span> | -L0.03        | -0.92%                              | o.       | L4.88      | L3.33   | <span>↓</span> | -L1.55 | -31.79% | o.  |
| p.             | Salsa de tomate                      | 400 g                | p.            | L42.67                                 | L42.33   | <span>↓</span> | -L0.33        | -0.78%        | p.                             | L44.25   | L44.33     | <span>↑</span> | L0.08         | 0.19%                               | p.       | L44.69     | L42.54  | <span>↓</span> | -L2.15 | -4.80%  | p.  |
| q.             | Azúcar blanca                        | Libra                | q.            | L13.00                                 | L13.00   | <span>±</span> | L0.00         | 0.00%         | q.                             | L12.61   | L12.28     | <span>↓</span> | -L0.33        | -2.64%                              | q.       | L12.67     | L12.93  | <span>↑</span> | L0.26  | 2.01%   | q.  |
| r.             | Tortilla de maíz                     | Unidad               | r.            | L1.00                                  | L1.00    | <span>±</span> | L0.00         | 0.00%         | r.                             | L1.00    | L1.00      | <span>±</span> | L0.00         | 0.00%                               | r.       | L1.96      | L2.02   | <span>↑</span> | L0.06  | 2.81%   | r.  |
| Verduras       |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| s.             | Cebolla amarilla                     | Libra                | s.            | L21.67                                 | L21.00   | <span>↓</span> | -L0.67        | -3.08%        | s.                             | L21.17   | L22.00     | <span>↑</span> | L0.83         | 3.94%                               | s.       | L24.07     | L24.05  | <span>↓</span> | -L0.01 | -0.06%  | s.  |
| t.             | Papa                                 | Libra                | t.            | L12.00                                 | L12.67   | <span>↑</span> | L0.67         | 5.56%         | t.                             | L14.33   | L12.67     | <span>↓</span> | -L1.67        | -11.63%                             | t.       | L21.29     | L22.18  | <span>↑</span> | L0.89  | 4.18%   | t.  |
| u.             | Repollo                              | Libra                | u.            | L5.67                                  | L5.00    | <span>↓</span> | -L0.67        | -11.76%       | u.                             | L9.55    | L9.25      | <span>↓</span> | -L0.30        | -3.11%                              | u.       | L9.83      | L9.79   | <span>↓</span> | -L0.04 | -0.41%  | u.  |
| v.             | Tomate pera                          | Libra                | v.            | L11.00                                 | L11.67   | <span>↑</span> | L0.67         | 6.06%         | v.                             | L14.00   | L14.00     | <span>±</span> | L0.00         | 0.00%                               | v.       | L21.83     | L21.99  | <span>↑</span> | L0.17  | 0.76%   | v.  |
| w.             | Yuca                                 | Libra                | w.            | L10.00                                 | L10.00   | <span>±</span> | L0.00         | 0.00%         | w.                             | L11.50   | L11.67     | <span>↑</span> | L0.17         | 1.45%                               | w.       | L11.72     | L10.81  | <span>↓</span> | -L0.91 | -7.77%  | w.  |
| Lácteos        |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| x.             | Leche integra en polvo               | 360 g                | x.            | L108.33                                | L104.67  | <span>↓</span> | -L3.67        | -3.38%        | x.                             | L113.72  | L111.67    | <span>↓</span> | -L2.06        | -1.81%                              | x.       | L105.83    | L105.84 | <span>↑</span> | L0.01  | 0.01%   | x.  |
| y.             | Leche pasteurizada fluida en bolsa   | 0.946 litros         | y.            | L28.33                                 | L29.33   | <span>↑</span> | L1.00         | 3.53%         | y.                             | L29.89   | L29.89     | <span>±</span> | L0.00         | 0.00%                               | y.       | L33.85     | L33.58  | <span>↓</span> | -L0.27 | -0.81%  | y.  |
| z.             | Mantequilla                          | Libra                | z.            | L30.00                                 | L29.33   | <span>↓</span> | -L0.67        | -2.22%        | z.                             | L33.33   | L32.47     | <span>↓</span> | -L0.86        | -2.58%                              | z.       | L60.99     | L61.27  | <span>↑</span> | L0.28  | 0.47%   | z.  |
| aa.            | Queso blanco fresco                  | Libra                | aa.           | L54.33                                 | L54.00   | <span>↓</span> | -L0.33        | -0.61%        | aa.                            | L56.94   | L55.67     | <span>↓</span> | -L1.28        | -2.24%                              | aa.      | L70.00     | L70.06  | <span>↑</span> | L0.06  | 0.08%   | aa. |
| Granos Básicos |                                      |                      |               |                                        |          |                |               |               |                                |          |            |                |               |                                     |          |            |         |                |        |         |     |
| ab.            | Arroz clasificado a granel           | Libra                | ab.           | L13.00                                 | L12.67   | <span>↓</span> | -L0.33        | -2.56%        | ab.                            | L13.00   | L13.00     | <span>±</span> | L0.00         | 0.00%                               | ab.      | L12.34     | L12.59  | <span>↑</span> | L0.25  | 1.99%   | ab. |
| ac.            | Frijol rojo a granel                 | Libra                | ac.           | L22.27                                 | L22.13   | <span>↓</span> | -L0.13        | -0.60%        | ac.                            | L23.33   | L23.33     | <span>±</span> | L0.00         | 0.00%                               | ac.      | L27.20     | L27.75  | <span>↑</span> | L0.55  | 2.02%   | ac. |

1 Precio promedio de los productos calculados a partir de la media aritmética de valores reportados por la secretaria de desarrollo económico de Honduras.

Para más información sobre los precios e históricos de los productos de la canasta básica alimentaria, visita el sitio web [obsan.unah.edu.hn](https://obsan.unah.edu.hn)



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