



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

**CORRESPONDIENTE AL PERÍODO: 06 AL 13 DE MARZO 2026**

PRODUCTOS	PRESENTACIÓN	PROMEDIO GENERAL: 0.01%↓																	
		AHORROFERIAS: 0.57%↑				MERCADOS: 0.61%↓				SUPERMERCADOS: 0.03%↑									
		Precio promedio <sup>1</sup>		Variación		Precio promedio		Variación		Precio promedio		Variación							
		06 marzo	13 marzo	Lempiras	Porcentaje	06 marzo	13 marzo	Lempiras	Porcentaje	06 marzo	13 marzo	Lempiras	Porcentaje						
<b>Carne Blanca</b>		a.	L32.50	L37.50	↑	L5.00	15.38%	a.	L45.90	L46.25	↑	L0.35	0.76%	a.	L62.36	L61.32	↓	-L1.05	-1.68%
<b>Carne Roja</b>		b.	L68.00	L68.00	±	L0.00	0.00%	b.	L69.50	L66.88	↓	-L2.63	-3.78%	b.	L62.42	L60.55	↓	-L1.87	-3.00%
c.	L72.00	L72.00	±	L0.00	0.00%	c.	L71.50	L69.13	↓	-L2.38	-3.32%	c.	L71.94	L71.03	↓	-L0.91	-1.26%		
d.	L26.50	L26.50	±	L0.00	0.00%	d.	L31.30	L32.00	↑	L0.70	2.24%	d.	L37.49	L39.31	↑	L1.81	4.83%		
e.	L86.50	L87.00	↑	L0.50	0.58%	e.	L85.00	L84.38	↓	-L0.63	-0.74%	e.	L114.98	L113.68	↓	-L1.30	-1.13%		
<b>Frutas</b>		f.	L4.50	L4.17	↓	-L0.34	-7.44%	f.	L4.00	L4.00	±	L0.00	0.00%	f.	L5.47	L3.00	↓	-L2.47	-45.12%
g.	L5.75	L5.80	↑	L0.05	0.87%	g.	L6.20	L6.00	↓	-L0.20	-3.23%	g.	L6.33	L6.01	↓	-L0.32	-5.06%		
h.	L10.00	L10.00	±	L0.00	0.00%	h.	L9.00	L8.00	↓	-L1.00	-11.11%	h.	L13.49	L14.21	↑	L0.71	5.29%		
<b>Huevos</b>		i.	L82.00	L84.50	↑	L2.50	3.05%	i.	L88.00	L85.00	↓	-L3.00	-3.41%	i.	L108.82	L109.62	↑	L0.79	0.73%
<b>Varios</b>		j.	L38.00	L37.00	↓	-L1.00	-2.63%	j.	L37.40	L35.00	↓	-L2.40	-6.42%	j.	L39.90	L40.87	↑	L0.96	2.42%
k.	L117.50	L117.50	±	L0.00	0.00%	k.	L113.90	L115.00	↑	L1.10	0.97%	k.	L120.68	L120.15	↓	-L0.53	-0.44%		
l.	L10.50	L10.50	±	L0.00	0.00%	l.	L9.50	L9.50	±	L0.00	0.00%	l.	L10.31	L12.40	↑	L2.08	20.19%		
m.	L14.00	L14.00	±	L0.00	0.00%	m.	L17.40	L19.00	↑	L1.60	9.20%	m.	L17.17	L17.69	↑	L0.51	2.98%		
n.	L27.00	L27.00	±	L0.00	0.00%	n.	L26.50	L25.50	↓	-L1.00	-3.77%	n.	L25.24	L25.48	↑	L0.24	0.96%		
ñ.	L54.50	L52.00	↓	-L2.50	-4.59%	ñ.	L52.70	L55.00	↑	L2.30	4.36%	ñ.	L54.86	L54.78	↓	-L0.09	-0.16%		
o.	L3.25	L3.00	↓	-L0.25	-7.69%	o.	L3.65	L3.00	↓	-L0.65	-17.81%	o.	L4.14	L4.45	↑	L0.31	7.55%		
p.	L39.00	L42.00	↑	L3.00	7.69%	p.	L43.10	L44.00	↑	L0.90	2.09%	p.	L40.61	L41.68	↑	L1.07	2.62%		
q.	L14.00	L13.50	↓	-L0.50	-3.57%	q.	L12.90	L13.00	↑	L0.10	0.78%	q.	L12.98	L12.88	↓	-L0.10	-0.74%		
r.	L1.00	L1.00	±	L0.00	0.00%	r.	L1.00	L1.03	↑	L0.02	2.50%	r.	L2.01	L2.07	↑	L0.06	2.97%		
<b>Verduras</b>		s.	L14.50	L16.00	↑	L1.50	10.34%	s.	L19.80	L22.50	↑	L2.70	13.64%	s.	L23.98	L24.84	↑	L0.86	3.58%
t.	L11.00	L11.00	±	L0.00	0.00%	t.	L16.30	L16.00	↓	-L0.30	-1.84%	t.	L22.56	L23.52	↑	L0.96	4.26%		
u.	L6.50	L6.50	±	L0.00	0.00%	u.	L7.10	L7.00	↓	-L0.10	-1.41%	u.	L10.83	L9.90	↓	-L0.93	-8.58%		
v.	L16.50	L16.50	±	L0.00	0.00%	v.	L14.40	L17.50	↑	L3.10	21.53%	v.	L22.46	L22.23	↓	-L0.23	-1.04%		
w.	L10.00	L10.00	±	L0.00	0.00%	w.	L14.80	L13.13	↓	-L1.68	-11.32%	w.	L11.57	L11.54	↓	-L0.03	-0.29%		
<b>Lácteos</b>		x.	L125.00	L122.50	↓	-L2.50	-2.00%	x.	L120.70	L118.13	↓	-L2.58	-2.13%	x.	L124.96	L124.44	↓	-L0.53	-0.42%
y.	L28.50	L28.50	±	L0.00	0.00%	y.	L28.84	L29.50	↑	L0.66	2.29%	y.	L34.70	L34.74	↑	L0.03	0.09%		
z.	L31.00	L31.00	±	L0.00	0.00%	z.	L34.80	L32.75	↓	-L2.05	-5.89%	z.	L64.22	L64.64	↑	L0.42	0.65%		
aa.	L56.50	L57.00	↑	L0.50	0.88%	aa.	L57.80	L57.67	↓	-L0.13	-0.23%	aa.	L68.39	L66.18	↓	-L2.21	-3.23%		
<b>Granos Básicos</b>		ab.	L13.00	L13.00	±	L0.00	0.00%	ab.	L13.40	L13.50	↑	L0.10	0.75%	ab.	L12.19	L12.15	↓	-L0.04	-0.29%
ac.	L20.80	L20.80	±	L0.00	0.00%	ac.	L21.00	L21.50	↑	L0.50	2.38%	ac.	L26.93	L29.10	↑	L2.17	8.05%		

<sup>1</sup> Precio promedio de los productos calculados a partir de la media aritmética de valores reportados por la Secretaría 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)

