



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

CORRESPONDIENTE AL PERÍODO: 13 - 20 DE MARZO 2026

PRODUCTOS	PRESENTACIÓN	PROMEDIO GENERAL: 0.29%↑																	
		AHORROFERIAS: 0.81%↑				MERCADOS: 0.013%↓				SUPERMERCADOS: 0.41%↑									
		Precio promedio ¹		Variación		Precio promedio		Variación		Precio promedio		Variación							
		13 marzo	20 marzo	Lempiras	Porcentaje	13 marzo	20 marzo	Lempiras	Porcentaje	13 marzo	20 marzo	Lempiras	Porcentaje						
Carne Blanca		a.	L37.50	L35.00	↓	-2.50	-6.67%	a.	L50.00	L51.67	↑	L1.67	3.33%	a.	L61.32	L62.57	↓	L1.25	2.04%
Carne Roja		b.	L68.00	L69.00	↑	L1.00	1.47%	b.	L65.83	L65.83	±	L0.00	0.00%	b.	L60.55	L62.16	↑	L1.61	2.66%
c.	L73.00	L74.00	↑	L1.00	1.37%	c.	L68.83	L66.67	↓	-2.17	-3.15%	c.	L71.03	L72.86	↑	L1.83	2.58%		
d.	L26.50	L26.50	±	L0.00	0.00%	d.	L32.00	L31.50	↓	-0.50	-1.56%	d.	L39.31	L37.24	↓	-2.07	-5.25%		
e.	L87.00	L88.00	↑	L1.00	1.15%	e.	L83.17	L84.00	↑	L0.83	1.00%	e.	L113.68	L117.38	↑	L3.71	3.26%		
Frutas		f.	L4.17	L4.17	±	L0.00	0.00%	f.	L3.67	L3.50	↓	-0.17	-4.55%	f.	L3.00	L3.39	↑	L0.39	12.83%
g.	L5.80	L5.80	±	L0.00	0.00%	g.	L5.67	L5.33	↓	-0.33	-5.88%	g.	L6.01	L5.66	↓	-0.35	-5.75%		
h.	L10.00	L10.00	±	L0.00	0.00%	h.	L8.00	L8.17	↑	L0.17	2.08%	h.	L14.21	L12.86	↓	-1.35	-9.50%		
Huevos		i.	L84.50	L84.50	±	L0.00	0.00%	i.	L86.67	L86.67	±	L0.00	0.00%	i.	L109.62	L107.55	↓	-2.07	-1.88%
Varios		j.	L37.00	L36.50	↓	-0.50	-1.35%	j.	L35.00	L35.50	↑	L0.50	1.43%	j.	L40.87	L39.59	↓	-1.27	-3.12%
k.	L117.50	L119.50	↑	L2.00	1.70%	k.	L113.33	L113.83	↑	L0.50	0.44%	k.	L120.15	L122.27	↑	L2.12	1.76%		
l.	L10.50	L11.50	↑	L1.00	9.52%	l.	L9.33	L9.00	↓	-0.33	-3.57%	l.	L12.40	L11.71	↓	-0.68	-5.53%		
m.	L14.00	L15.25	↑	L1.25	8.93%	m.	L18.67	L18.00	↓	-0.67	-3.57%	m.	L17.69	L18.44	↑	L0.75	4.24%		
n.	L27.00	L27.00	±	L0.00	0.00%	n.	L25.33	L24.67	↓	-0.67	-2.63%	n.	L25.48	L24.84	↓	-0.64	-2.51%		
ñ.	L54.50	L55.00	↑	L0.50	0.92%	ñ.	L55.00	L54.83	↓	-0.17	-0.30%	ñ.	L54.78	L53.90	↓	-0.88	-1.60%		
o.	L3.00	L3.25	↑	L0.25	8.33%	o.	L3.00	L3.00	±	L0.00	0.00%	o.	L4.45	L4.00	↓	-0.45	-10.11%		
p.	L42.00	L42.50	↑	L0.50	1.19%	p.	L43.67	L44.17	↑	L0.50	1.15%	p.	L41.68	L42.80	↑	L1.13	2.70%		
q.	L13.50	L13.50	±	L0.00	0.00%	q.	L13.00	L13.33	↑	L0.33	2.56%	q.	L12.88	L13.17	↑	L0.28	2.21%		
r.	L1.00	L1.00	±	L0.00	0.00%	r.	L1.03	L1.00	↓	-0.03	-3.23%	r.	L2.07	L2.08	↑	L0.01	0.24%		
Verduras		s.	L16.00	L16.00	±	L0.00	0.00%	s.	L21.67	L19.67	↓	-2.00	-9.23%	s.	L24.84	L22.87	↓	-1.97	-7.91%
t.	L11.00	L12.00	↑	L1.00	9.09%	t.	L16.67	L16.17	↓	-0.50	-3.00%	t.	L23.52	L23.96	↑	L0.43	1.85%		
u.	L6.50	L6.50	±	L0.00	0.00%	u.	L7.33	L8.00	↑	L0.67	9.09%	u.	L9.90	L9.98	↑	L0.08	0.81%		
v.	L16.50	L16.50	±	L0.00	0.00%	v.	L16.67	L14.50	↓	-2.17	-13.00%	v.	L22.23	L22.05	↓	-0.18	-0.83%		
w.	L10.00	L10.00	±	L0.00	0.00%	w.	L14.17	L14.17	±	L0.00	0.00%	w.	L11.54	L11.60	↑	L0.06	0.56%		
Lácteos		x.	L122.50	L124.00	↑	L1.50	1.22%	x.	L117.50	L122.50	↑	L5.00	4.26%	x.	L124.44	L122.06	↓	-2.38	-1.91%
y.	L28.50	L28.00	↓	-0.50	-1.75%	y.	L29.33	L29.17	↓	-0.17	-0.57%	y.	L34.74	L36.49	↑	L1.76	5.05%		
z.	L31.00	L32.00	↑	L1.00	3.23%	z.	L33.67	L32.67	↓	-1.00	-2.97%	z.	L64.64	L67.11	↑	L2.48	3.83%		
aa.	L57.00	L57.00	±	L0.00	0.00%	aa.	L58.22	L57.50	↓	-0.72	-1.24%	aa.	L66.18	L68.13	↑	L1.95	2.95%		
Granos Básicos		ab.	L13.00	L13.00	±	L0.00	0.00%	ab.	L13.67	L13.67	±	L0.00	0.00%	ab.	L12.15	L12.28	↑	L0.13	1.03%
ac.	L20.80	L20.80	±	L0.00	0.00%	ac.	L22.00	L22.00	±	L0.00	0.00%	ac.	L29.10	L28.48	↓	-0.61	-2.11%		

¹ 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