



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

CORRESPONDIENTE AL PERÍODO: 29 DE MAYO - 06 DE JUNIO 2026

| PRODUCTOS | PRESENTACIÓN | PROMEDIO GENERAL: 0.39 % ↑ | | | | | | | | | | | | | | | | | | | | |
|-----------------------|--------------------------------------|------------------------------|----------------------------|----------------------|----------|----------|--------------------|-----------------|------------|-----------|-------------------------|----------|------------|-----------------|------------|-----------|---------|---------|---------|--------|--------|--------|
| | | AHORROFERIAS: 0.17 % ↓ | | | | | MERCADOS: 1.66 % ↑ | | | | SUPERMERCADOS: 0.95 % ↑ | | | | | | | | | | | |
| | | Precio promedio ¹ | | Variación | | Lempiras | Porcentaje | Precio promedio | | Variación | | Lempiras | Porcentaje | Precio promedio | | Variación | | | | | | |
| 29 mayo | 06 junio | Lempiras | Porcentaje | 29 mayo | 06 junio | | | Lempiras | Porcentaje | 29 mayo | 06 junio | | | Lempiras | Porcentaje | | | | | | | |
| Carne Blanca | | a. | Pescado blanco | libra | a. | L31.67 | L30.00 | ↓ | -L1.67 | -5.26% | a. | L45.00 | L45.67 | ↑ | L0.67 | 1.48% | a. | L59.50 | L60.30 | ↓ | L0.80 | 1.34% |
| Carne Roja | | b. | Costilla de cerdo regular | libra | b. | L67.00 | L68.67 | ↑ | L1.67 | 2.49% | b. | L71.88 | L71.92 | ↑ | L0.04 | 0.06% | b. | L61.76 | L59.58 | ↓ | -L2.18 | -3.53% |
| c. | Costilla de res regular | libra | c. | L78.33 | L80.00 | ↑ | L1.67 | 2.13% | c. | L77.50 | L80.00 | ↑ | L2.50 | 3.23% | c. | L80.73 | L84.07 | ↑ | L3.34 | 4.14% | | |
| d. | Pollo entero congelado (sin menudo) | libra | d. | L27.17 | L27.17 | ± | L0.00 | 0.00% | d. | L32.34 | L33.00 | ↑ | L0.66 | 2.06% | d. | L37.84 | L38.15 | ↑ | L0.31 | 0.82% | | |
| e. | Tajo de res | libra | e. | L95.33 | L95.33 | ± | L0.00 | 0.00% | e. | L95.00 | L97.22 | ↑ | L2.22 | 2.34% | e. | L135.96 | L139.57 | ↑ | L3.61 | 2.65% | | |
| Frutas | | f. | Banano fresco maduro | unidad | f. | L3.33 | L3.89 | ↑ | L0.56 | 16.70% | f. | L4.00 | L4.00 | ± | L0.00 | 0.00% | f. | L2.88 | L3.40 | ↑ | L0.53 | 18.26% |
| g. | Naranja dulce | unidad | g. | L6.38 | L6.60 | ↑ | L0.22 | 3.50% | g. | L5.00 | L5.33 | ↑ | L0.33 | 6.67% | g. | L5.88 | L6.10 | ↑ | L0.23 | 3.83% | | |
| h. | Plátano maduro | unidad | h. | L9.67 | L10.00 | ↑ | L0.33 | 3.45% | h. | L10.00 | L9.33 | ↓ | -L0.67 | -6.67% | h. | L13.27 | L13.33 | ↑ | L0.06 | 0.49% | | |
| Huevos | | i. | Huevos medianos | cartón (30 unidades) | i. | L80.33 | L79.33 | ↓ | -L1.00 | -1.24% | i. | L81.67 | L81.67 | ± | L0.00 | 0.00% | i. | L106.49 | L105.64 | ↓ | -L0.86 | -0.80% |
| Varios | | j. | Aceite de vegetal | 443 ml | j. | L39.33 | L38.67 | ↓ | -L0.67 | -1.69% | j. | L34.63 | L37.75 | ↑ | L3.13 | 9.03% | j. | L39.30 | L37.76 | ↓ | -L1.54 | -3.92% |
| k. | Café molido | 16 onz | k. | L119.00 | L118.33 | ↓ | -L0.67 | -0.56% | k. | L118.71 | L118.03 | ↓ | -L0.68 | -0.58% | k. | L120.87 | L121.49 | ↑ | L0.62 | 0.51% | | |
| l. | Espagueti | 200 g | l. | L10.33 | L10.00 | ↓ | -L0.33 | -3.23% | l. | L9.50 | L10.00 | ↑ | L0.50 | 5.26% | l. | L12.02 | L12.03 | ↑ | L0.01 | 0.08% | | |
| m. | Jugo natural | bolsa | m. | L15.00 | L14.33 | ↓ | -L0.67 | -4.44% | m. | L15.00 | L16.50 | ↑ | L1.50 | 10.00% | m. | L17.94 | L18.12 | ↑ | L0.18 | 1.00% | | |
| n. | Manteca comestible de origen vegetal | libra | n. | L29.00 | L28.33 | ↓ | -L0.67 | -2.30% | n. | L25.63 | L28.42 | ↑ | L2.79 | 10.89% | n. | L25.47 | L25.33 | ↓ | -L0.14 | -0.55% | | |
| ñ. | Pan molde blanco | 540 g | ñ. | L54.00 | L55.67 | ↑ | L1.67 | 3.09% | ñ. | L55.50 | L55.33 | ↓ | -L0.17 | -0.30% | ñ. | L53.59 | L53.65 | ↑ | L0.06 | 0.11% | | |
| o. | Sal común de mesa yodada | 227 g | o. | L3.50 | L3.50 | ± | L0.00 | 0.00% | o. | L2.94 | L3.33 | ↑ | L0.39 | 13.38% | o. | L3.57 | L4.30 | ↑ | L0.73 | 20.45% | | |
| p. | Salsa de tomate | 400 g | p. | L45.67 | L42.67 | ↓ | -L3.00 | -6.57% | p. | L46.92 | L45.61 | ↓ | -L1.31 | -2.78% | p. | L45.83 | L47.10 | ↑ | L1.27 | 2.77% | | |
| q. | Azúcar blanca | libra | q. | L14.67 | L14.33 | ↓ | -L0.33 | -2.27% | q. | L15.00 | L14.33 | ↓ | -L0.67 | -4.44% | q. | L14.38 | L14.56 | ↑ | L0.18 | 1.22% | | |
| r. | Tortilla de maíz | unidad | r. | L1.00 | L1.00 | ± | L0.00 | 0.00% | r. | L1.00 | L1.00 | ± | L0.00 | 0.00% | r. | L2.14 | L2.11 | ↓ | -L0.03 | -1.41% | | |
| Verduras | | s. | Cebolla amarilla | libra | s. | L17.33 | L15.67 | ↓ | -L1.67 | -9.62% | s. | L15.00 | L18.00 | ↑ | L3.00 | 20.00% | s. | L19.99 | L19.69 | ↓ | -L0.31 | -1.53% |
| t. | Papa | libra | t. | L15.33 | L17.33 | ↑ | L2.00 | 13.04% | t. | L15.13 | L14.89 | ↓ | -L0.23 | -1.55% | t. | L22.96 | L22.96 | ± | L0.01 | 0.02% | | |
| u. | Repollo | libra | u. | L5.00 | L5.00 | ± | L0.00 | 0.00% | u. | L8.00 | L6.92 | ↓ | -L1.08 | -13.46% | u. | L9.95 | L9.14 | ↓ | -L0.81 | -8.14% | | |
| v. | Tomate pera | libra | v. | L12.33 | L12.33 | ± | L0.00 | 0.00% | v. | L15.00 | L18.00 | ↑ | L3.00 | 20.00% | v. | L21.07 | L20.16 | ↓ | -L0.90 | -4.30% | | |
| w. | Yuca | libra | w. | L12.67 | L12.00 | ↓ | -L0.67 | -5.26% | w. | L15.00 | L12.00 | ↓ | -L3.00 | -20.00% | w. | L11.31 | L10.96 | ↓ | -L0.34 | -3.05% | | |
| Lácteos | | x. | Leche integra en polvo | 360 g | x. | L122.67 | L121.67 | ↓ | -L1.00 | -0.82% | x. | L120.00 | L121.53 | ↑ | L1.53 | 1.27% | x. | L128.58 | L131.89 | ↑ | L3.31 | 2.57% |
| y. | Leche pasteurizada fluida en bolsa | 0.946 litros | y. | L28.67 | L29.33 | ↑ | L0.67 | 2.33% | y. | L30.00 | L30.67 | ↑ | L0.67 | 2.22% | y. | L35.36 | L36.04 | ↑ | L0.68 | 1.92% | | |
| z. | Mantequilla | libra | z. | L30.67 | L32.67 | ↑ | L2.00 | 6.52% | z. | L35.92 | L37.33 | ↑ | L1.42 | 3.95% | z. | L63.28 | L61.75 | ↓ | -L1.53 | -2.42% | | |
| aa. | Queso blanco fresco | libra | aa. | L56.00 | L56.00 | ± | L0.00 | 0.00% | aa. | L56.67 | L57.33 | ↑ | L0.67 | 1.18% | aa. | L70.54 | L74.71 | ↑ | L4.18 | 5.92% | | |
| Granos Básicos | | ab. | Arroz clasificado a granel | libra | ab. | L13.67 | L13.00 | ↓ | -L0.67 | -4.88% | ab. | L12.88 | L12.92 | ↑ | L0.04 | 0.32% | ab. | L12.40 | L11.89 | ↓ | -L0.51 | -4.11% |
| ac. | Frijol rojo a granel | libra | ac. | L21.20 | L21.60 | ↑ | L0.40 | 1.89% | ac. | L21.50 | L22.33 | ↑ | L0.83 | 3.88% | ac. | L28.07 | L29.10 | ↑ | L1.03 | 3.67% | | |

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



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