

PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE LA PROVINCIA DE BOCAS DEL TORO

16 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	Bocas del Toro														Promedio en kg	
			M/S Nuevo Guabito	Xtra changuinola	Tienda Guabito	S/M Zona Libre	Super la Huaca Int	Super centro el Toro	Buena suerte	M/S Parque el Empalme	Mercedito Toro	S/M Romero	M/S Nuevo Siglo	S/C via Camino	Mini Super 888	S/C Roberto		
JAMON PICNIC NACIONAL																		
Jamón Picnic Nacional	Kilo	American Star	7.15	---	6.49	---	---	7.04	8.69	---	---	---	6.93	---	---	7.15	7.24	
Jamón Picnic Nacional	Kilo	Blue Ribbon	---	---	---	---	---	---	---	---	---	10.03	---	---	---	---	10.03	
Jamón Picnic Nacional	Kilo	Kienmer	---	9.73	---	---	9.30	8.69	9.90	9.35	9.90	---	---	---	---	---	9.48	
Jamón Picnic Nacional	Kilo	Montuno	---	---	---	---	---	---	---	---	11.55	---	---	---	---	---	11.55	
Jamón Picnic Nacional	Kilo	Berard	---	---	---	---	9.60	---	---	---	---	10.47	---	---	---	---	10.04	
Jamón Picnic Nacional - Otro	Kilo	D.Grecia	---	---	---	---	---	---	---	---	---	8.71	---	---	---	---	8.71	
Jamón Picnic Nacional - Otro/ Ahumado	Kilo	P Choice	---	---	---	---	---	---	---	---	---	9.50	---	---	---	---	9.50	
Jamón Picnic Nacional - Otro	Kilo	Melo	---	---	---	---	7.48	---	---	---	---	---	---	---	---	---	7.48	
Jamón Picnic Nacional - Otro	Kilo	Smoky Ridge	---	---	---	8.77	---	---	---	---	---	---	8.69	---	---	---	8.73	
JAMON PICNIC IMPORTADO																		
Jamón Picnic Importado	Kilo	Andy's	---	7.49	7.59	8.77	7.99	---	---	---	---	8.25	---	---	7.15	7.50	7.82	
JAMON PIERNA NACIONAL																		
Jamón de Pierna-Ahumado con hueso	Kilo	American Star	---	---	6.49	---	---	---	---	---	---	---	6.93	---	---	---	6.71	
Jamón de Pierna-Ahumado con hueso	Kilo	Gago	---	---	7.70	---	---	---	---	---	---	---	---	---	---	---	7.70	
PAVOS																		
Pavo	Kilo	Butter Ball	---	6.18	6.16	7.48	6.20	---	---	---	---	6.49	---	---	7.15	---	6.61	
Pavo	5-6- kg	Butter Ball	---	---	---	---	---	---	---	---	---	39.95	---	---	---	---	39.95	
Pavo	Kilo	Plainville	---	---	---	---	---	---	---	---	---	---	6.05	---	---	---	6.05	
Pavo	Kilo	Tony	---	---	---	---	8.75	---	---	---	---	---	---	---	---	---	8.75	
PAVI POLLO																		
Pavi Pollo	Kilo	Melo	---	---	---	3.96	4.18	---	---	---	4.18	---	---	---	---	---	4.13	
Pavi Pollo	Kilo	Del Día	---	3.67	---	---	---	---	---	---	---	---	---	---	---	---	3.67	
Super Navi- Pollo	Kilo	Toledano	4.75	---	---	---	---	---	---	---	---	---	---	---	---	---	4.75	
JAMON NAVIDEÑO																		
Jamón de Pollo Navideño	Kilo	Melo	---	7.54	---	7.37	7.48	---	---	---	---	4.30	6.60	---	---	---	6.66	
Jamón de Pollo Navideño	Kilo	El Compa	---	---	6.16	6.82	6.65	---	---	---	---	---	6.49	---	---	---	6.53	
Jamón de Pollo Navideño	Kilo	Toledano	---	4.94	7.70	8.77	6.10	---	---	---	---	4.30	8.03	---	---	---	6.64	
Jamón de Pollo Navideño-premium	Kilo	Toledano	8.14	---	---	6.05	4.70	---	---	---	---	4.96	5.17	---	---	---	5.80	
CARNE (Pollo y Cerdo) FRESCO																		
Pollo Panama	Kilo		---	---	---	---	---	---	---	---	---	2.60	---	---	---	---	2.60	
Pernil	Kilo		---	---	---	---	---	5.17	6.05	---	---	7.15	7.16	---	---	---	6.38	
Costilla de Cerdo	Kilo		---	---	4.81	---	---	5.39	6.60	---	---	7.15	6.89	---	6.60	5.50	6.49	
HUEVOS																		
Huevos Medianos Empacados	Docena	Melo	---	---	1.75	1.75	1.59	1.75	2.25	1.85	1.90	2.18	1.60	1.70	---	1.70	1.82	
Huevos Medianos Empacados	1/2 Doc	Melo	---	---	---	---	---	---	---	---	---	1.22	---	---	---	---	1.22	
Huevos Medianos Empacados	Docena	Toledano	1.85	2.17	1.95	1.75	1.80	---	2.25	---	2.00	2.29	---	---	---	---	2.01	
Huevos Medianos Empacados	Docena	Caribeño	---	---	---	---	---	---	---	---	---	2.10	---	---	---	---	2.10	
Huevos Medianos Empacados	Docena	Value 507	---	---	---	---	---	---	---	---	---	2.02	---	---	---	---	2.02	
Huevos Medianos Empacados	Docena	Del día	---	2.18	---	---	---	---	---	---	---	---	---	---	---	---	2.18	
Huevos Medianos Empacados	Docena	D.Patio	---	---	---	---	---	---	---	---	---	2.19	---	---	---	---	2.19	
Huevos Medianos Empacados	Docena	Gato negro	1.85	---	---	---	---	---	2.25	1.85	---	---	---	---	1.65	---	1.90	
RON PONCHE																		
Ron Ponche	Botella 750 ml.	Bonlac	---	9.63	10.50	---	---	12.25	---	---	12.00	---	11.00	---	---	7.95	10.56	
Ron Ponche	Botella 750 ml.	Minita	---	---	---	---	---	---	---	---	---	13.61	---	---	---	---	13.61	
Ron Ponche	946 ml	Nevada	---	---	---	---	---	3.95	4.15	---	---	4.30	---	---	3.99	3.95	4.07	
LEGUMBRES:																		
Cebolla Nacional	Kilo		3.19	2.69	2.64	3.30	3.30	3.52	---	3.19	4.40	2.59	3.30	3.30	3.19	3.85	3.27	
Papa Nacional	Kilo		2.09	1.38	1.98	2.09	2.09	1.65	---	1.87	3.30	1.59	1.76	2.20	2.20	2.09	2.02	
Papa Importada	Kilo		---	---	---	---	---	---	---	---	---	3.51	---	---	---	---	3.51	
Zanahoria	Kilo		2.97	1.25	2.09	2.75	1.85	1.65	---	2.20	3.30	1.69	2.42	2.97	2.75	3.30	2.40	
Remolacha	Kilo		---	1.47	2.97	2.20	2.64	2.75	---	3.30	---	2.20	2.42	---	---	---	2.49	
VEGETALES ENLATADOS																		
Guandú	Lata 15 oz.(425 g.)	Del monte	1.65	1.38	1.45	1.55	1.58	1.55	1.55	1.95	1.55	1.78	---	1.60	1.55	1.50	1.59	
Guandú	Lata 15 oz.(425 g.)	xtra	---	0.93	---	---	---	---	---	---	---	---	---	---	---	---	0.93	
Guandú	Lata 15 oz.(425 g.)	Proluxa	---	1.41	1.40	1.69	1.69	1.50	1.50	1.45	1.85	1.54	1.45	1.65	1.35	---	1.54	
Guandú	Lata 15 oz.(425 g.)	Amapola	1.35	1.23	1.25	1.28	1.41	---	1.65	1.50	1.50	1.32	1.35	1.45	1.45	1.35	1.39	
Guandú	Lata 15 oz.(425 g.)	Vaue 507	---	---	---	---	---	---	---	---	---	1.30	---	---	---	---	1.30	
Guandú	Lata 15 oz.(425 g.)	Natural Food	---	---	---	---	---	---	---	---	---	1.15	---	---	---	---	1.15	
Guandú	Lata 15 oz.(425 g.)	Campo verde	---	---	---	1.45	---	1.65	---	---	---	---	---	---	---	---	1.55	
Guandú	Lata 15 oz.(425 g.)	Goya	---	---	---	---	---	2.55	---	---	---	2.75	2.40	2.50	---	---	2.55	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Del Monte	2.05	---	1.85	1.80	2.06	---	---	1.95	2.25	---	1.85	2.00	1.80	---	1.96	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Ligo	1.60	---	1.65	1.90	---	1.80	1.90	---	---	---	---	1.75	---	---	1.77	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Goya	---	---	---	2.05	---	---	---	---	---	---	---	---	---	---	2.05	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Campo verde	---	---	1.10	---	0.99	---	---	---	---	1.15	---	---	---	---	1.08	
Vegetales Mixtos	Lata 15 oz.(425 g.)	don Mario	---	---	---	---	---	---	---	---	---	---	0.75	---	---	---	0.75	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Proluxa	---	---	1.25	---	1.29	1.35	1.50	---	---	---	---	1.30	1.25	---	1.32	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Verona	---	---	---	---	---	---	1.30	---	---	---	---	---	---	---	1.30	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Agro	---	---	0.90	---	---	---	---	---	---	---	---	---	---	---	0.90	
Vegetales Mixtos	Lata 15 oz.(425 g.)	Rico	1.00	---	0.75	0.98	---	---	---	---	---	---	---	0.85	---	---	0.90	
Vegetales Mixtos	Lata 15 oz.(425 g.)	La madrina	---	---	---	---	---	---	---	0.85	---	---	---	---	---	---	0.85	
Guisantes Dulces	Lata 15 oz. (425 g.)	Del monte	1.95	2.05	1.70	1.80	2.07	---	2.25	---	2.30	1.59	1.85	2.05	---	---	1.96	
Guisantes Dulces	Lata 15 oz.(425 g.)	Ligo	---	---	1.75	1.90	2.04	---	---	---	---	1.95	---	2.05	---	---	1.94	
Guisantes Dulces	Lata 15 oz.(425 g.)	Value 507	---	---	---	---	---	---	---	---	---	0.80	---	---	---	---	0.80	
Guisantes Dulces	Lata 15 oz.(425 g.)	Proluxa	---	---	---	---	---	---	---	---	---	---	---	1.30	---	---	1.30	
Guisantes Dulces	Lata 15 oz.(425 g.)	Verona	---	---	---	---	---	1.10	---	---	---	---	---	---	---	---	1.10	
FRUTAS FRESCAS:																		
Uvas Sin Semillas	Kilo		---	---	---	---	---	---	---	4.95	---	6.93	---	---	7.15	---	6.34	
Uvas Con Semillas	Kilo		4.40	---	3.85	---	3.47	5.50	3.85	---	5.50	3.78	5.06	5.61	4.29	5.39	4.61	
Peras Chicas	Kilo		---	---	---	---	---	---	---	---	---	2.52	---	---	---	---	2.52	
Peras Medianas	e/u		0.50	---	0.40	0.45	0.50	0.60	0.65	0.50	0.60	---	0.55	0.50	0.50	0.60	0.53	
Manzanas Medianas	Kg.		---	---	---	---	---	---	---	---	---	2.48	---	---	---	---	2.48	
Manzanas Medianas	c/u		0.50	---	0.39	0.25	0.45	0.55	0.60	0.50	0.50	---	0.50	0.50	0.50	0.50	0.48	
OTROS PRODUCTOS																		
Mayonesa	15 oz (443 ml)	Miracle Whip	---	2.57	---	---	2.76	2.80	---	---	---	3.00	2.75	1.60	2.65	2.65	2.75	2.61
Mayonesa	430gr	Mc Cormick	---	---	2.85	---	3.56	---	---	---	---	---	---	---	---	---	---	3.21
Mayonesa	400 g.	La Doña	2.25	2.32	2.15	2.50	2.25	---	---	---	---	---	2.15	---	---	---	2.55	2.31
Mayonesa	15 oz (443 ml)	Helmma's	---	---	3.65	---	4.00	---	---	---	---	---	3.25	---	3.85	3.85	---	3.72
Jugo de Piña-	946 ml	Estrella azul	---	---	---	---	1.22	---	---	---	---	---	---	---	---	---	---	1.22
Jugo de Piña-	946 ml	Nevada	---	---	---	---	1.49	---	---	---	---	---	---	---	---	---	---	1.49
Jugo de Piña-	946 ml	Del Monte	---	1.25	---	---	---	---	---	---	---	---	---	---	---	---	---	1.25
Piña en Rodajas, lata	20 oz.	Goya	---	---	---	---	---	---	3.50	---	---	---	---	---	2.99	---	---	3.25

COSTO PROMEDIO APROXIMADO DE UNA CENA NAVIDEÑA, EN PRINCIPALES SUPERMERCADOS DE BOCAS DEL TORO SEGÚN ENCUESTA REALIZADA EL 16 DE DICIEMBRE 2025

PRODUCTO	CANTIDAD	CON JAMÓN	CON PAVO	CON PAVIPOLLO	CON POLLO
COSTO APROXIMADO		82.49	79.94	66.31	59.41
Rosca de Pan sin nueces 850 gr	1	3.50	3.50	3.50	3.50
Nueces Mixtas (400 gr)	1	3.45	3.45	3.45	3.45
Dulce de Frutas (350 gr)	1	2.95	2.95	2.95	2.95
Aceitunas (5 oz)	1	1.25	1.25	1.25	1.25
Alcaparras (5 oz)	1	1.68	1.68	1.68	1.68
Arroz (paquete de 5 libras)	1	2.95	2.95	2.95	2.95
Lata de guandú (15 oz)	1	0.93	0.93	0.93	0.93
Papas (libra)	4	3.68	3.68	3.68	3.68
Cebolla (Libra)	1	1.48	1.48	1.48	1.48
Remolacha (libra)	3	3.39	3.39	3.39	3.39
Zanahoria (libra)	3	3.27	3.27	3.27	3.27
Docena de huevos	1	1.82	1.82	1.82	1.82
Vegetales mixtos (lata 15 oz)	1	0.75	0.75	0.75	0.75
Mayonesa 400gr	1	2.31	2.31	2.31	2.31
Uvas (libra)	3	6.27	6.27	6.27	6.27
Peras chica (libra)	1	1.14	1.14	1.14	1.14
Manzanas (libra)	1	1.12	1.12	1.12	1.12
Ron Ponche (946 ml tetra pack)	1	4.07	4.07	4.07	4.07
Piña en rodaja (15 oz)	1	1.60	1.60	1.60	1.60
Jamón (aprox 10 lbs)	1	32.80			
Glaseado de jamón (7 oz)	1	2.08			
Pavo (aprox 10 lbs)	1		30.00		
Aderezo de pavo (8 oz)	1		2.33		
Pavipollo (aprox 10 lbs)	1			18.70	
Pollo (aprox 10 lbs)	1				11.80

Nota: Costo calculado por una familia de aproximadamente 4 miembros.

FUENTE: ACODECO