

**PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE LA CIUDAD CAPITAL
16 DE DICIEMBRE DE 2025**

Producto	Unidad	Marca	PANAMÁ NORTE						PROMEDIO x kg
			Maxi Mercado el Selecto	Acrux	Super Xtra El Lago	Mr Precio La Cabina	Super 99 Villa Zaita	El Fuerte Villa Zaita	
JAMON PICNIC NACIONAL									
Jamón Picnic Nacional	Kilo	American Star	---	---	6.30	---	---	6.25	6.28
Jamón Picnic Nacional	c/u	American Star	---	---	---	17.99	17.49	---	17.74
Jamón Picnic Nacional	Kilo	Blue Ribbon	9.15	---	8.70	---	6.79	8.93	8.39
Jamón Picnic Nacional	Kilo	First Choise	---	---	---	---	---	9.25	9.25
Jamón Picnic Nacional	Kilo	Kienner	---	9.56	9.50	10.47	9.75	9.84	9.82
Jamón Picnic Nacional	Kilo	Montuno	---	---	11.59	---	---	9.44	10.52
Jamón Picnic Nacional	Kilo	Rimith	---	9.26	---	---	9.59	---	9.43
Jamón Picnic Nacional	Kilo	Berard	---	---	9.60	---	8.69	---	9.15
Jamón Picnic Nacional - Otro	Kilo	D.Grecia	---	8.02	7.49	---	---	---	7.76
Jamón Picnic Nacional - Otro	Kilo	Cortes selectos	---	---	---	---	---	7.95	7.95
JAMON PICNIC IMPORTADO									
Jamón Picnic Importado	Kilo	Andy's	---	---	7.79	8.27	6.75	---	7.60
Jamón Picnic Importado	Kilo	Fieldtone	---	---	---	---	6.99	---	6.99
Jamón Picnic Importado - Otro	Kilo	Hazle	---	7.43	8.66	---	---	6.85	7.65
Jamón Picnic Importado - Otro	Kilo	Daisifield	---	---	---	---	---	6.75	6.75
JAMON PIERNA NACIONAL									
Jamón de Pierna-Ahumado con hueso	Kilo	Blue Ribbon	---	---	---	10.03	---	---	10.03
Jamón de Pierna-Ahumado	Kilo	P. Choice	---	---	---	8.71	---	---	8.71
Jamón de Pierna-Ahumado con hueso	Kilo	Rimith	11.44	---	11.75	---	12.49	---	11.89
PAVOS									
Pavo	Kilo	Butter Ball	---	---	6.30	---	---	---	6.30
	14-16 lb	Butter Ball	---	---	---	---	39.99	---	39.99
	16-19 lb	Butter Ball	---	---	---	---	45.99	---	45.99
	c/u	Carolina	---	---	---	---	---	25.95	25.95
PAVI POLLO									
Pavi Pollo	Kilo	Melo	---	---	4.23	4.15	4.19	3.99	4.14
Pavi Pollo	Kilo	Del Día	---	---	---	---	4.19	---	4.19
Super Navi- Pollo	Kilo	Toledano	---	---	4.10	4.30	3.99	---	4.13
JAMON NAVIDEÑO									
Jamón de Pollo Navideño	Kilo	Melo	---	7.44	7.64	---	---	---	7.54
Jamón de Pollo Navideño	Kilo	El Compa	---	6.81	6.91	---	---	6.58	6.77
Jamón de Pollo Navideño	Kilo	Toledano	---	6.15	---	---	---	3.95	5.05
Jamón de Pollo Navideño-premium	Kilo	Toledano	---	---	7.83	---	4.79	---	6.31
CARNE (Pollo y Cerdo) FRESCO									
Pollo Panama	Kilo		2.40	2.31	2.40	---	2.55	2.39	2.41
Pernil	Kilo		---	7.59	---	---	7.79	6.49	7.29
Costilla de Cerdo	Kilo		7.69	8.25	6.68	---	6.09	7.69	7.28
OTROS PRODUCTOS									
Toledano bolita	kg		---	6.15	6.32	6.28	6.39	---	6.29
HUEVOS									
Huevos Medianos Empacados	Docena	Melo	---	---	2.33	2.20	2.43	2.33	2.32
	!/2 Doc	Melo	---	---	1.13	---	---	---	1.13
	Docena	Toledano	---	---	2.19	2.20	2.45	2.44	2.32
	!/2 Doc	Toledano	---	---	---	---	1.22	---	1.22
	Docena	Value 507	---	---	---	2.10	---	---	2.10
	Docena	Del dia	---	---	---	2.20	2.32	2.29	2.27
	!/2 Doc	Del dia	---	---	---	---	---	1.14	1.14
	Docena	Like	---	---	1.94	---	---	---	1.94
	Docena	Guayacanes	---	---	---	---	---	1.87	1.87
	Docena	Delish	---	---	---	---	---	1.89	1.89
Docena	Avicampo	---	---	---	---	---	1.79	1.79	
RON PONCHE									
Ron Ponche	Botella 750 ml.	Bonlac	10.49	---	10.94	10.75	10.99	8.99	10.43
	Botella 700 ml.	Caribeño	---	---	---	---	13.09	13.55	13.32
	375 ml	Caribeño	---	8.70	---	---	---	---	8.70
	Botella 700 ml.	Caribe	---	---	---	---	---	13.55	13.55
	Botella 750 ml.	Minita	---	---	---	13.40	13.99	---	13.70
	Tetra Pack 946 ml	Nevada	---	---	---	---	2.65	---	2.65
LEGUMBRES:									
Cebolla Nacional	Kilo		3.51	4.07	2.57	2.59	2.75	3.25	3.12
Cebolla Importada	Kilo		---	---	---	---	4.59	---	4.59
Papa Nacional	Kilo		2.18	1.87	1.58	1.59	1.69	1.58	1.75
Papa Importada	Kilo		---	---	2.95	---	1.99	---	2.47
Zanahoria	Kilo		2.18	2.00	1.28	1.49	1.29	1.54	1.63
Remolacha	Kilo		1.52	2.65	---	1.50	1.76	1.55	1.80
VEGETALES ENLATADOS									
		Del monte	---	1.30	1.65	---	1.45	1.54	1.49
		clic	---	---	---	---	---	0.99	0.99

PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE LA CIUDAD CAPITAL

16 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	PANAMÁ NORTE						PROMEDIO x kg
			Maxi Mercado el Selecto	Acrux	Super Xtra El Lago	Mr Precio La Cabina	Super 99 Villa Zaita	El Fuerte Villa Zaita	
Guandú	Lata 15 oz.(425 g.)	extra	---	---	1.00	---	---	---	1.00
		Proluxa	---	1.35	1.41	1.35	---	1.64	1.44
		Amapola	---	1.40	1.24	1.25	---	---	1.30
		Value 507	---	---	---	0.90	---	---	0.90
		Natural Food	0.99	---	---	---	---	---	0.99
		Toby	1.35	---	---	---	---	---	1.35
		Sabrosita	---	---	---	---	0.99	---	0.99
		Goya	1.45	---	---	---	---	---	1.45
Vegetales Mixtos	Lata 15 oz.(425 g.)	Del Monte	1.89	---	1.58	---	1.59	1.59	1.66
		Ligo	---	---	---	1.35	1.49	1.39	1.41
		Xtra	---	---	0.76	---	---	---	0.76
		D.Camilo	---	---	---	---	---	0.79	0.79
		H.Park	---	---	---	---	0.89	---	0.89
		Libbys	---	2.20	---	---	---	---	2.20
		Rubi	---	---	1.06	---	---	---	1.06
		Sabrosita	---	---	---	---	0.85	---	0.85
		Value 507	---	---	---	0.93	---	---	0.93
		Clic	---	---	---	---	---	0.79	0.79
		Delish	---	---	---	---	---	0.89	0.89
		Corina	---	---	---	---	1.10	---	1.10
		Best Value	---	---	---	---	0.99	---	0.99
		Oderick	---	---	---	---	0.99	---	0.99
La madrina	---	---	---	---	---	0.69	0.69		
Guisantes Dulces	Lata 14.5 oz. (411 g)	Del monte	---	1.70	1.68	---	---	1.69	1.69
	Lata 15 oz.(425 g.)	Ligo	---	---	---	---	---	1.49	1.49
		Goya	2.05	---	2.13	---	2.15	---	2.11
		Country B.	---	---	---	---	---	1.65	1.65
		La madrina	---	---	---	---	---	0.69	0.69
Rico	---	0.90	---	---	---	---	0.90		
FRUTAS FRESCAS:									
Uvas Sin Semillas	Kilo		---	7.85	6.68	---	4.09	5.48	6.03
Uvas Con Semillas	Kilo		---	4.60	3.91	3.40	---	4.34	4.06
Peras Medianas	Kg.		---	---	2.73	2.23	2.54	2.56	2.52
Manzanas Chicas	Kg.		---	---	---	---	---	2.14	2.14
Manzanas Medianas	Kg.		---	---	2.27	---	2.20	2.58	2.35
Manzanas Medianas	c/u		---	0.65	---	---	---	---	0.65
OTROS PRODUCTOS									
Mayonesa	15 oz (443 ml)	Miracle Whip	2.79	2.60	2.61	2.63	2.75	2.78	2.69
	420gr	Mc Cormick	---	---	---	---	3.29	---	3.29
	400 g.	La Doña	2.25	2.35	2.25	---	2.25	2.25	2.27
	500 g	Clic	---	---	---	---	---	1.59	1.59
	15 oz (443 ml)	Kraff	---	---	---	---	---	3.23	3.23
	15 oz (443 ml)	Helmma's	---	---	3.97	---	3.99	---	3.98
Jugo de Piña-	946 ml	Del frutal	---	---	---	---	1.15	---	1.15
	946 ml	Pettit	---	---	---	---	---	1.10	1.10
	330 ml	Del Monte	0.65	---	---	0.61	0.65	---	0.64
	946 ml	Del Monte	1.19	---	---	---	---	---	1.19
	946 ml	Naturas	---	---	---	---	---	0.89	0.89
Piña en Rodajas, lata	20 oz.	Montego Bays	---	---	---	---	1.99	---	1.99
		Roland	2.19	---	1.98	2.50	---	1.99	2.17
		Liberty	2.99	---	---	---	2.29	---	2.64
		Ketchen Maid	---	---	3.04	---	---	2.54	2.79
		clic	---	---	---	---	---	1.75	1.75
		American Pride	---	---	---	---	---	1.75	1.75
Aceitunas con Semillas	7 oz. (p.escurrido)	Don Juan	---	---	---	---	---	2.56	2.56
	7 oz. (p.escurrido)	Frajata	---	---	2.55	---	3.15	---	2.85
	5 oz. (p.escurrido)	Italica	---	---	---	---	1.09	---	1.09
Acalparrado	7 oz. (p.escurrido)	Don Juan	---	---	---	---	---	1.60	1.60
	7 oz. (p.escurrido)	Frajata	---	---	---	---	---	1.88	1.88
	5 oz. (p.escurrido)	Italica	---	---	---	---	1.69	---	1.69
Arroz de Primera	5 lbs	Xtra	---	---	2.78	---	---	---	2.78
	5 lbs	Pelin	---	---	---	---	---	3.39	3.39
	5 lbs	Sanbrozon	---	---	---	---	3.05	---	3.05
	5 lbs	Coclesito	---	---	---	---	3.10	---	3.10
	4 lb	Miro	---	---	---	2.94	---	---	2.94
	5 lbs	Barú	---	3.15	---	---	---	---	3.15
	5 lbs	Oriente	---	---	---	---	---	3.20	3.20
	5 lbs	Don Henry	---	---	2.98	---	---	---	2.98
5 lbs	Premier	---	---	---	2.89	---	---	2.89	

PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE LA CIUDAD CAPITAL

16 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	PANAMÁ NORTE						PROMEDIO x kg
			Maxi Mercado el Selecto	Acrux	Super Xtra El Lago	Mr Precio La Cabima	Super 99 Villa Zaita	El Fuerte Villa Zaita	
Aderezo para Pavos	7 oz.	La Doña	2.19	---	2.34	2.30	2.49	2.19	2.30
	190 g. (8.0 oz.)	Doraz	2.69	---	2.44	---	2.65	---	2.59
	7 oz	Proluxa	---	---	---	---	2.25	---	2.25
Glaceado para Jamón	7 oz.	8 oz/Proluxa	---	---	1.97	---	2.25	1.79	2.00
	190 g. (8.0 oz.)	La Doña	1.99	---	1.91	1.89	2.25	1.98	2.00
	(8.0 oz.)	Doraz	2.69	---	2.74	---	2.65	---	2.69
Nueces	Paq.400 g	Clic	---	---	---	---	---	2.89	2.89
		Sunrice (340 gr)	---	4.05	---	---	---	---	4.05
Nueces	250 g	Value 507	---	---	---	1.98	---	---	1.98
		Clic	---	---	---	---	1.89	---	1.89
		Alto de la Cruz	---	---	---	---	2.35	---	2.35
Nueces Mixtas	Paq.400 g	Value 507	---	---	---	3.28	---	---	3.28
	Paq.400 g	Clic	---	---	---	---	---	3.95	3.95
	Paq. 340 g	Sunrice	---	4.55	---	---	---	---	4.55
Nueces Mixtas	250 g	Clic	---	---	---	---	---	2.45	2.45
	Paq.255 g	Value 507	---	---	---	2.28	---	---	2.28
	Paq.250 g	Alto de la Cruz	---	---	---	---	2.79	---	2.79
Dulce de Frutas	16 oz	Sabrosita	---	---	---	---	3.55	---	3.55
	3.25 gr	M.Maria	---	---	---	4.55	---	---	4.55
	454 gr	M.Maria	---	---	---	6.00	---	---	6.00
	849 g	Dulce Xpress	---	---	---	---	6.99	---	6.99
	396 g	Dulce Xpress	---	---	---	---	4.15	4.10	4.13
	30oz	Dulce Xpress	---	---	---	---	---	6.95	6.95
	454 g	Deli pan	---	---	3.76	---	---	---	3.76
	620 g	Santa Librada	---	---	---	---	---	6.50	6.50
380 gr	Santa Librada	---	---	4.34	---	---	---	4.34	
	907 g	Sabrosita	---	---	---	---	4.69	---	4.69
	935 g	Rimith	---	---	---	---	4.95	---	4.95
	600gr	Fuerte	---	---	---	---	---	2.89	2.89
	850gr	D.Pan	---	---	3.50	---	---	---	3.50
	700 gr	S.Librada	---	---	4.01	---	---	---	4.01
	900 gr	M.Maria	---	---	---	6.80	---	---	6.80
	930 gr	Delish	---	---	---	---	---	3.99	3.99
	800 gr	panama bakery	---	---	---	---	---	3.35	3.35
935 gr	T.Choice	6.25	---	4.98	---	---	---	5.62	
Rosca con Nueces	907 gr	Sabrosita	---	---	---	---	5.99	---	5.99
	935 gr	T.Choice	---	---	6.32	---	---	6.25	6.29
	925 gr	Mercedes	---	6.30	---	---	---	---	6.30
	800 gr	Like	---	---	4.25	---	---	---	4.25
	800 gr	Panama bakery	5.99	---	---	---	---	3.95	4.97
	600gr	Fuerte	---	---	---	---	---	3.89	3.89
900gr	M.Maria	---	---	---	6.95	---	---	6.95	

Fuente: ACODECO

Miembro de CONCADECO, Consejo Centroamericano de Protección al Consumidor

COSTO PROMEDIO APROXIMADO DE UNA CENA NAVIDEÑA, EN PRINCIPALES SUPERMERCADOS DE PANAMÁ NORTE SEGÚN ENCUESTA REALIZADA EL 16 DE DICIEMBRE 2025

PRODUCTO	CANTIDAD	CON JAMÓN	CON PAVO	CON PAVIPOLLO	CON POLLO
COSTO APROXIMADO		73.49	73.84	61.69	53.89
Rosca de Pan sin nueces (794gr)	1	2.89	2.89	2.89	2.89
Nueces Mixtas (400 gr)	1	3.28	3.28	3.28	3.28
Dulce de Frutas (283 gr)	1	3.55	3.55	3.55	3.55
Aceitunas (7 oz)	1	2.56	2.56	2.56	2.56
Alcaparras (7 oz)	1	1.60	1.60	1.60	1.60
Arroz (paquete de 5 libras)	1	2.78	2.78	2.78	2.78
Lata de guandú (15 oz)	1	0.90	0.90	0.90	0.90
Papas (libra)	4	3.16	3.16	3.16	3.16
Cebolla (Libra)	1	1.42	1.42	1.42	1.42
Remolacha (libra)	3	2.43	2.43	2.43	2.43
Zanahoria (libra)	3	2.22	2.22	2.22	2.22
Docena de huevos	1	1.79	1.79	1.79	1.79
Vegetales mixtos (lata 15 oz)	1	0.69	0.69	0.69	0.69
Mayonesa 400gr	1	1.59	1.59	1.59	1.59
Uvas (libra)	3	5.52	5.52	5.52	5.52
Peras (libra)	1	1.14	1.14	1.14	1.14
Manzanas (libra)	1	1.07	1.07	1.07	1.07
Ron Ponche (946ml)	1	2.65	2.65	2.65	2.65
Piña en rodaja (20 oz)	1	1.75	1.75	1.75	1.75
Jamón (aprox 10 lbs)	1	28.50			
Glaseado de jamón (8 oz)	1	2.00			
Pavo (aprox 10 lbs)	1		28.60		
Aderezo de pavo (7 oz)	1		2.25		
Pavipollo (aprox 10 lbs)	1			18.70	
Pollo (aprox 10 lbs)	1				10.90

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

FUENTE: *ACODECO*