

PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE PANAMÁ OESTE

16 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	Chorrera				Arraijan						PROMEDIO x kg
			Xtra Market	Rey	Super 99	La Prosperidad	El Fuerte	El Machetazo	Supermercado Xtra	Super Carne	Super 99 Valle Hermoso	Rey Vista Alegre	
JAMON PICNIC NACIONAL													
Jamón Picnic Nacional	Kilo	American Star	6.23	---	---	---	5.99	5.99	6.30	6.57	---	---	6.22
Jamón Picnic Nacional	c/u	American Star	---	17.99	17.49	---	---	---	---	---	---	---	17.74
Jamón Picnic Nacional	Kilo	Blue Ribbon	8.70	10.03	---	---	8.93	8.93	8.70	---	9.19	---	9.08
Jamón Picnic Nacional	Kilo	Kierner	7.49	10.47	9.75	8.91	9.25	9.95	9.23	8.69	9.75	10.47	9.40
Jamón Picnic Nacional	Kilo	Montuno	---	---	12.49	---	11.48	12.05	11.59	11.30	---	---	11.78
Jamón Picnic Nacional	Kilo	Rimith	9.23	---	---	---	9.44	9.25	9.54	---	---	---	9.37
Jamón Picnic Nacional	Kilo	Campo Fino	---	---	---	---	---	---	---	11.71	---	---	11.71
Jamón Picnic Nacional	Kilo	Berard	9.68	10.47	9.99	---	---	9.70	9.00	---	9.99	10.47	9.90
Jamón Picnic Nacional - Otro	Kilo	D.Grecia	---	8.71	---	---	---	7.75	7.49	7.15	---	8.71	7.96
Jamón Picnic Nacional - Otro	Kilo	Rey (Marinado)	---	6.06	---	---	---	---	---	---	---	6.39	6.23
Jamón Picnic Nacional - Otro	Kilo	Rey (ahumado)	---	8.71	---	---	---	---	---	---	---	8.75	8.73
Jamón Picnic Nacional - Otro	Kilo	La Sierliana	---	---	---	---	---	---	---	6.57	---	---	6.57
Jamón Picnic Nacional - Otro	Kilo	Zenú	---	---	7.49	---	---	---	---	---	7.49	---	7.49
Jamón Picnic Nacional - Otro	Kilo	Cortes selectos	---	---	---	---	---	---	---	6.57	---	---	6.57
JAMON PICNIC IMPORTADO													
Jamón Picnic Importado	Kilo	Andy's	6.37	8.27	6.75	---	---	6.75	7.49	7.15	6.75	8.27	7.23
Jamón Picnic Importado - Otro	Kilo	Fieldtone	---	---	6.99	---	---	---	---	---	6.99	---	6.99
Jamón Picnic Importado - Otro	Kilo	Hazle	---	---	---	---	6.85	---	---	---	---	---	6.85
Jamón Picnic Importado - Otro		Prime Cut	---	---	---	---	---	5.99	---	---	---	---	5.99
Jamón Picnic Importado - Otro		Smokey	---	---	6.99	---	---	---	---	---	6.99	---	6.99
Jamón Picnic Importado - Otro	Kilo	Daisfield	---	---	---	---	6.85	---	---	---	---	---	6.85
JAMON PIERNA NACIONAL													
Jamón de Pierna-Ahumado con hueso	Kilo	Kiener babndio	---	---	---	---	---	---	---	---	---	13.12	13.12
Jamón de Pierna-Ahumado con hueso	Kilo	Rimith	---	---	12.49	---	11.89	---	12.08	---	---	---	12.15
Jamón de Pierna-Ahumado con hueso	Kilo	Berard	---	---	---	---	---	---	9.60	---	---	---	9.60
PAVOS													
Pavo	Kilo	Butter Ball	5.67	---	---	---	6.04	6.05	6.18	6.19	---	---	6.03
	4-5 kg	Butter Ball	---	29.45	---	---	---	---	---	---	---	---	29.45
	8-10 lb	Butter Ball	---	---	25.75	---	---	---	---	---	25.75	---	25.75
	10-14 lb	Butter Ball	---	---	34.99	---	---	---	---	---	---	---	34.99
	5-6- kg	Butter Ball	---	39.95	---	---	---	---	---	---	39.95	---	39.95
	Kilo	Carolina	---	---	---	---	4.98	---	---	---	---	---	4.98
Kilo	Campo fino	---	---	---	---	---	13.95	---	---	---	---	13.95	
PAVI POLLO													
Pavi Pollo	Kilo	Melo	---	4.30	---	---	3.99	---	---	---	---	---	4.15
Pavi Pollo	Kilo	Del Día	3.67	---	4.19	---	---	---	3.67	---	---	---	3.84
Super Navi- Pollo	Kilo	Toledano	4.85	4.30	3.99	---	---	---	---	---	---	4.30	4.36
JAMON NAVIDEÑO													
Jamón de Pollo Navideño	Kilo	Melo	7.64	---	7.79	---	7.18	7.64	7.64	---	7.79	7.72	7.63
Jamón de Pollo Navideño	Kilo	El Compa	6.91	7.03	7.09	---	6.58	7.00	6.91	---	7.09	7.03	6.96
Jamón de Pollo Navideño	Kilo	Toledano	---	6.28	6.39	---	6.39	4.73	---	---	3.99	---	5.56
Jamón de Pollo Navideño-premium	Kilo	Toledano	9.35	9.37	9.49	---	---	7.01	---	---	---	9.37	8.92
CARNE (Pollo y Cerdo) FRESCO													
Pollo Panama	Kilo		2.29	2.05	2.55	2.57	2.54	2.31	2.30	2.41	2.55	2.40	2.40
Pernil	Kilo		---	7.25	7.79	8.03	6.49	---	---	---	---	7.25	7.36
Costilla de Cerdo	Kilo		---	8.93	6.99	---	6.89	6.20	6.46	---	6.99	---	7.08
OTROS PRODUCTOS													
Toledano bolita	kg		6.32	---	---	---	---	---	---	---	7.79	6.28	6.80
Montuno	c/u		---	---	10.99	---	---	---	---	---	---	---	10.99
San Angel	c/u		---	---	13.49	---	---	13.35	---	---	---	---	13.42
HUEVOS													
Huevos Medianos Empacados	Docena	Melo	2.33	2.33	2.43	---	---	2.49	---	2.15	2.43	2.15	2.33
	1/2 Doc	Melo	1.16	---	---	---	1.18	---	---	1.10	1.23	---	1.17
	Docena	Toledano	2.45	2.25	---	---	2.44	2.46	2.34	2.22	2.45	2.25	2.36
	1/2 Doc	Toledano	---	1.25	---	---	---	---	---	---	---	---	1.25
	Docena	Caribeño	2.37	---	2.49	---	2.40	---	2.15	---	2.15	2.10	2.28
	1/2 Doc	Caribeño	---	---	---	---	---	1.18	---	---	---	---	1.18
	Docena	Del día	---	2.20	---	---	2.29	2.38	2.28	2.15	2.32	2.20	2.26
	1/2 Doc	Del día	---	---	1.15	---	---	---	---	---	---	---	1.15
	Docena	Like	2.18	---	---	---	---	---	---	---	---	---	2.18
	1/2 Doc	Like	---	---	---	---	---	---	1.13	---	---	---	1.13
	Docena	Granja Teresa	---	1.90	---	---	2.08	1.99	---	---	---	1.90	1.97
	Docena	Galo	---	1.95	---	---	---	---	---	---	---	---	1.95
	Docena	Guayacanes	---	---	---	---	1.77	---	---	---	---	---	1.77
	Docena	G Selection	---	---	---	---	---	1.95	---	---	---	---	1.95
	Docena	Avi Campo	1.80	---	---	---	---	---	1.80	---	---	---	1.80
	Docena	G. Emita	---	---	---	---	---	---	---	2.15	---	2.20	2.18
			H. El Rodeo	---	---	---	---	---	---	---	2.14	---	---
Docena	Sabrosita	---	---	2.19	---	---	---	---	---	---	2.19	---	2.19
Docena	Finqueros	---	---	---	---	1.99	1.99	---	---	---	---	---	1.99
RON PONCHE													
Ron Ponche	Botella 750 ml.	Bonlac	10.45	---	10.99	9.99	8.99	9.85	9.83	10.42	10.99	11.00	10.28
	Botella 700 ml.	Caribeño	---	---	13.09	---	---	13.00	---	---	---	---	13.05
	Botella 750 ml.	Minita	---	13.40	---	---	---	---	14.37	---	---	13.40	13.72
	750 ml	Panalat	---	---	---	---	---	---	---	7.99	---	---	7.99
	946 ml	Nevada	---	3.80	3.79	---	3.48	---	---	---	2.65	3.80	3.50
LEGUMBRES:													
Cebolla Nacional	Kilo		2.53	2.75	3.29	3.19	2.97	2.65	2.49	3.17	3.29	2.50	2.88
Papa Nacional	Kilo		1.51	1.69	1.69	1.65	1.54	1.59	1.51	1.41	1.69	1.69	1.60
Papa Importada	Kilo		2.95	---	---	---	---	2.05	2.95	---	---	---	2.65
Zanahoria	Kilo		0.92	0.94	1.49	1.43	1.54	1.54	0.89	1.50	1.29	0.90	1.24
Remolacha	Kilo		1.74	1.21	2.29	2.75	1.22	1.54	1.98	1.21	1.76	1.53	1.72
VEGETALES ENLATADOS													
Guandú		Del monte	1.54	---	---	---	1.54	1.54	1.46	1.46	1.45	---	1.50
		clíc	---	---	---	---	0.99	---	---	---	---	---	0.99
		Rey	---	---	---	---	---	---	---	---	---	0.95	0.95
		xtra	0.89	---	---	---	---	---	0.94	---	---	---	0.92

PRECIOS AL CONSUMIDOR DE PRODUCTOS DE LA CANASTA NAVIDEÑA SEGÚN ALGUNAS CADENAS DE SUPERMERCADOS DE PANAMÁ OESTE

16 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	Chorrera				Arraijan						PROMEDIO x kg	
			Xtra Market	Rey	Super 99	La Prosperidad	El Fuerte	El Machtetazo	Supermercado Xtra	Super Carne	Super 99 Valle Hermoso	Rey Vista Alegre		
Arroz de Primera	5 lbs	Coclesano	---	---	---	---	---	3.20	3.20	---	3.16	---	---	3.18
Arroz de Primera	5 lbs	Oriente	---	---	---	---	---	---	---	---	---	---	---	3.20
Arroz de Primera	5 lbs	H. B.	---	---	---	3.25	---	---	---	---	---	---	---	3.25
Arroz de Primera	5 lbs	Don Henry	---	---	---	---	---	---	---	2.98	---	---	---	2.98
Arroz de Primera	5 lbs	Barú	---	---	---	---	---	---	---	---	---	3.29	---	3.29
Arroz de Primera	5 lbs	G. del Campo	---	---	3.05	---	---	---	---	---	---	3.05	---	3.05
Arroz de Primera	5 lbs	Pacífico	---	---	---	---	---	---	---	---	3.19	---	---	3.19
Aderezo para Pavos	7 oz.	La Doña	2.35	2.35	2.49	2.99	2.19	2.35	2.27	2.23	2.49	2.35	---	2.41
	190 g. (8.0 oz.)	Doraz	---	2.75	2.65	---	2.45	2.45	2.74	---	2.65	2.75	---	2.63
	7 oz	Proluxa	---	2.06	---	---	1.79	---	---	---	2.25	---	---	2.03
Glacado para Jamón	8 oz. (p.escurrido)	Proluxa	1.98	---	2.25	---	1.79	---	1.97	---	2.25	1.99	---	2.04
	190 g. (8.0 oz.)	La Doña	1.95	1.99	2.25	---	1.98	1.95	1.97	1.98	---	2.35	---	2.05
	(8.0 oz.)	Doraz	---	---	2.65	---	2.58	2.45	2.74	2.44	2.65	2.75	---	2.61
Nueces	Paq.400 g	California Valley	---	---	---	3.85	2.98	---	2.95	2.93	---	---	---	3.18
		Value 507	---	3.25	---	---	---	---	---	---	---	3.25	---	3.25
		G Selection	---	---	---	---	---	2.89	---	---	---	---	---	---
Nueces	Paq.255 g	Value 507	---	2.25	---	---	---	---	---	---	---	2.25	---	2.25
		G Selection	---	---	---	---	---	1.89	---	---	---	---	---	1.89
		Clic	---	---	---	---	2.45	---	---	---	---	---	---	2.45
		Alto de la Cruz	---	---	2.35	---	---	---	---	---	---	2.19	---	---
Nueces Mixtas	Paq.400 g	California Valley	---	---	---	---	3.83	---	---	3.77	---	---	---	3.80
	Paq.400 g	Value 507	---	3.45	---	---	---	---	---	---	---	---	---	3.45
	Paq.400 g	G Selection	---	---	---	---	---	3.79	---	---	---	---	---	3.79
Nueces Mixtas	Paq. 250 g.	Clic	---	---	---	---	1.89	---	---	---	---	---	---	1.89
	Paq.255 g	Value 507	---	2.55	---	---	---	---	---	---	---	---	---	2.55
	Paq. 250 g.	G Selection	---	---	---	---	---	2.45	---	---	---	---	---	2.45
	Paq.250 g	Alto de la Cruz	---	---	2.79	---	---	---	---	---	2.49	---	---	2.64
Dulce de Frutas	(16 . oz)	Sabrosita	---	---	---	---	---	---	---	---	---	3.55	---	3.55
	24 oz	Sabrosita	---	---	6.45	---	---	---	---	---	6.45	---	---	6.45
	(325gr. oz)	M.Maria	---	4.55	---	---	---	---	---	---	---	4.55	---	4.55
	454 gr	M.Maria	---	5.85	---	---	---	---	---	---	---	---	---	5.85
	14 oz	Navi Cake	---	---	---	---	---	4.10	---	---	---	---	---	4.10
	340gr	Machtetazo	---	---	---	---	---	---	3.59	---	---	---	---	3.59
	30oz	Dulce Xpress	---	---	6.99	---	---	---	---	---	6.99	---	---	6.99
	500gr	Mercedes	---	---	---	4.75	4.75	---	---	---	---	---	---	4.75
	380gr	Mercedes	---	---	---	3.75	---	---	---	---	---	---	---	3.75
	454 gr	D Pan	3.76	---	---	---	---	---	---	---	---	---	---	3.76
	16 oz	D Pan	---	---	---	---	---	---	3.76	---	---	---	---	3.76
	10 oz	Marcela	---	---	---	---	---	---	---	2.75	---	---	---	2.75
	380 gr	Pan Comido	5.15	---	---	---	---	---	---	5.15	---	---	---	5.15
	452 gr	Rimith	---	---	4.05	---	---	---	---	---	---	---	---	4.05
	400 g	Deubel	---	---	---	---	---	3.99	---	---	---	---	---	3.99
	454 gr	Tamex	---	---	---	---	---	3.39	---	---	---	---	---	3.39
22oz	Santa Librada	---	---	---	---	---	---	---	6.74	---	---	---	6.74	
Rosca sin Nueces	(2 libra)	Sabrosita	---	---	4.69	---	---	---	---	---	4.69	---	---	4.69
	794 g	Marcela	---	---	---	---	---	---	---	3.15	---	---	---	3.15
	(33 . oz)	Rimith	---	---	---	---	---	5.25	---	---	---	---	---	5.25
	850gr	D.Pan	3.50	---	---	---	---	---	3.50	---	---	---	---	3.50
	800gr	Machtetazo	---	---	---	---	---	3.79	---	---	---	---	---	3.79
	900 gr	M.Maria	---	6.80	---	---	---	---	---	---	---	---	---	6.80
	900 gr	Value 507	---	3.80	---	---	---	---	---	---	---	---	---	3.80
	800 gr	Panama Bakery	---	---	---	---	---	---	3.60	---	---	---	---	3.60
	925 gr	Mercedes	---	---	---	6.30	---	5.10	---	---	---	---	---	5.70
935 gr	T.Choice	---	---	---	5.00	---	---	---	---	---	---	---	5.00	
Rosca con Nueces	935 gr	T.Choice	6.25	6.25	---	6.25	6.25	---	---	---	---	---	---	6.25
	800 gr	Caribbean	---	---	---	---	---	---	---	6.78	---	---	---	6.78
	800 gr	Mamá Mayer	---	9.55	---	---	---	---	---	---	---	---	---	9.55
	935gr	Bimbo	---	---	9.25	---	---	---	---	9.17	---	---	---	9.21
	800 gr	Like	---	---	---	---	---	---	3.88	---	---	---	---	3.88
	935 gr	Bimbo	7.95	---	---	---	---	---	---	---	---	---	---	7.95
	3 lb	Rimith	---	---	9.95	---	---	---	---	---	---	---	---	9.95
	800 gr	Panama Bakery	---	---	---	---	---	4.25	4.30	---	---	---	---	4.28
	675gr	S.Librada	---	---	---	---	---	---	3.27	---	---	---	---	3.27
	750gr	S.Librada	7.10	---	---	---	---	---	---	---	---	---	---	7.10
	3 lt	Firt Choice	---	---	6.25	---	---	---	---	---	---	---	---	6.25
	800gr	Machtetazo	---	---	---	---	---	---	4.79	---	---	---	---	4.79
	925 gr	Mercedes	---	---	---	---	6.32	---	---	---	---	---	---	6.32
600gr	Fuerte	---	---	---	---	3.89	---	---	---	---	---	---	3.89	
900gr	M.Maria	---	6.95	---	---	---	---	---	---	---	---	---	6.95	
930 gr	Pan Comido	---	---	---	---	---	---	6.95	---	---	---	---	6.95	

Fuente: ACODECO

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

PRODUCTO	CANTIDAD	CON JAMÓN	CON PAVO	CON PAVIPOLLO	CON POLLO
COSTO APROXIMADO		73.10	67.49	60.26	53.76
Rosca de Pan sin nueces (794gr)	1	3.15	3.15	3.15	3.15
Nueces Mixtas (400 gr)	1	3.45	3.45	3.45	3.45
Dulce de Frutas (283 gr)	1	2.75	2.75	2.75	2.75
Aceitunas (7 oz)	1	2.06	2.06	2.06	2.06
Alcaparras (7 oz)	1	1.78	1.78	1.78	1.78
Arroz (paquete de 5 libras)	1	2.78	2.78	2.78	2.78
Lata de guandú (15 oz)	1	0.89	0.89	0.89	0.89
Papas (libra)	4	2.88	2.88	2.88	2.88
Cebolla (Libra)	1	1.31	1.31	1.31	1.31
Remolacha (libra)	3	2.34	2.34	2.34	2.34
Zanahoria (libra)	3	1.68	1.68	1.68	1.68
Docena de huevos	1	1.77	1.77	1.77	1.77
Vegetales mixtos (lata 15 oz)	1	0.76	0.76	0.76	0.76
Mayonesa 400gr	1	2.26	2.26	2.26	2.26
Uvas (libra)	3	5.79	5.79	5.79	5.79
Peras (libra)	1	1.13	1.13	1.13	1.13
Manzanas (libra)	1	0.95	0.95	0.95	0.95
Ron Ponche (946ml)	1	3.50	3.50	3.50	3.50
Piña en rodaja (20 oz)	1	1.63	1.63	1.63	1.63
Jamón (aprox 10 lbs)	1	28.20			
Glaseado de jamón (8 oz)	1	2.04			
Pavo (aprox 10 lbs)	1		22.60		
Aderezo de pavo (7 oz)	1		2.03		
Pavipollo (aprox 10 lbs)	1			17.40	
Pollo (aprox 10 lbs)	1				10.90

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

FUENTE: ACODECO