

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

05 DE DICIEMBRE DE 2025

Producto	Unidad	Marca	JUAN DIAZ						PROMEDIO x kg
			El Machetazo Metro Mall	99 Los Pueblos	99 Los Pedregal	99 Plaza Tocumen	Xtra Las Acacias		
JAMON PICNIC NACIONAL									
Jamón Picnic Nacional	Kilo	American Star	5.99	---	---	---	6.30	6.15	
Jamón Picnic Nacional	c/u	American Star	---	17.49	17.49	---	---	17.49	
Jamón Picnic Nacional	Kilo	Blue Ribbon	8.93	---	---	---	8.70	8.82	
Jamón Picnic Nacional	Kilo	First Choise	---	---	9.19	---	---	9.19	
Jamón Picnic Nacional	Kilo	Kienner	9.95	9.75	9.75	9.75	9.50	9.74	
Jamón Picnic Nacional	Kilo	Montuno	12.95	10.99	12.49	12.49	---	12.23	
Jamón Picnic Nacional	Kilo	Rimith	9.25	9.59	9.59	9.59	9.59	9.52	
Jamón Picnic Nacional	Kilo	Berard	9.70	---	8.69	9.99	9.60	9.50	
Jamón Picnic Nacional - Otro	Kilo	D.Grecia	7.75	---	---	---	---	7.75	
Jamón Picnic Nacional - Otro	Kilo	Zenú	---	7.49	---	---	---	7.49	
Jamón Picnic Nacional	Kilo	Prime cut	6.45	---	---	---	---	6.45	
Jamón Picnic Nacional	4-6 kg	Cortes Selectos	---	32.99	32.99	---	---	32.99	
JAMON PICNIC IMPORTADO									
Jamón Picnic Importado	Kilo	Andy's	6.75	6.75	6.75	6.75	7.20	6.84	
Jamón Picnic Importado - Otro	Kilo	Fieldtone	---	6.99	6.99	6.99	---	6.99	
Jamón Picnic Importado - Otro	Kilo	Smoky	---	6.99	6.99	---	8.58	7.52	
Jamón Picnic Importado	Kilo	Deli Grecia	---	---	---	---	7.08	7.08	
Jamón Picnic Importado	Kilo	Rimith	12.00	---	---	12.49	10.81	11.77	
PAVOS									
Pavo	Kilo	Butter Ball	6.05	---	---	---	6.30	6.18	
	8-10 lb	Butter Ball	---	26.99	26.99	26.99	---	26.99	
	10-14 lb	Butter Ball	---	29.99	29.99	29.99	---	29.99	
	Kilo	Family	---	---	3.99	3.99	---	3.99	
	Kilo	Northen pride	---	4.95	---	---	---	4.95	
PAVI POLLO									
Pavi Pollo	Kilo	Melo	---	4.19	4.19	---	---	4.19	
Super Navi- Pollo	Kilo	Toledano	4.10	3.99	---	---	4.10	4.06	
JAMON NAVIDEÑO									
Jamón de Pollo Navideño	Kilo	Melo	---	7.79	7.79	---	---	7.79	
Jamón de Pollo Navideño	Kilo	El Compa	---	7.09	7.09	7.09	---	7.09	
Jamón de Pollo Navideño	Kilo	Toledano	---	7.79	6.39	6.39	6.32	6.72	
Jamón de Pollo Navideño-premium	Kilo	Toledano	---	9.59	9.49	9.49	9.37	9.49	
CARNE (Pollo y Cerdo) FRESCO									
Pollo Panama	Kilo		2.29	2.55	2.55	2.55	2.28	2.44	
Costilla de Cerdo	Kilo		7.20	---	---	---	6.96	7.08	
OTROS PRODUCTOS									
San Angel	c/u		---	13.49	13.49	13.49	---	13.49	
HUEVOS									
Huevos Medianos Empacados	Docena	Melo	2.34	2.25	2.25	2.25	2.33	2.28	
	1/2 Doc	Melo	---	1.23	---	---	1.22	1.23	
	Docena	Toledano	2.46	2.45	2.45	2.45	2.45	2.45	
	Docena	Caribeño	---	2.15	---	---	2.15	2.15	
	Docena	Del dia	2.38	2.32	2.32	2.32	2.27	2.32	
	Docena	Like	---	---	---	---	1.94	1.94	
	Docena	Granja Teresa	1.99	---	---	---	---	1.99	
	Docena	G Selection	1.95	---	---	---	---	1.95	
	Docena	Pollo finquero	1.99	---	---	---	---	1.99	
	Docena	G Emita	---	2.20	2.20	---	---	2.20	
	Docena	Sabrosita	---	2.19	2.19	2.19	---	2.19	
RON PONCHE									
Ron Ponche	Botella 750 ml.	Bonlac	10.29	---	---	10.99	10.94	10.74	
Ron Ponche	Botella 700 ml.	Caribeño	---	13.09	---	---	---	13.09	
Ron Ponche	Botella 375 ml.	Caribeño	---	9.29	---	---	---	9.29	
Ron Ponche tetra pack	946 ml	Nevada	---	---	3.79	3.18	3.37	3.45	
LEGUMBRES:									
Cebolla Nacional	Kilo		2.65	2.75	3.29	3.29	2.63	2.92	
Papa Nacional	Kilo		1.75	1.69	1.69	1.69	---	1.71	
Papa Importada	Kilo		2.05	1.99	1.99	1.99	2.95	2.19	
Zanahoria	Kilo		1.76	1.29	1.29	1.29	1.28	1.38	
Remolacha	Kilo		1.21	1.99	1.99	1.99	1.52	1.74	
VEGETALES ENLATADOS									
Guandú	425 gr	Del monte	1.59	---	---	1.45	1.59	1.54	
	425 gr	xtra	---	---	---	---	0.92	0.92	
	425 gr	Proluxa	1.38	---	---	---	1.41	1.40	
	425 gr	Amapola	---	---	1.35	1.35	1.34	1.35	

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DE LA CIUDAD CAPITAL
05 DE DICIEMBRE DE 2025**

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			El Machetazo Metro Mall	99 Los Pueblos	99 Los Pedregal	99 Plaza Tocumen	Xtra Las Acacias	
	425 gr	Sabrosita	---	---	1.09	1.09	---	1.09
	425 gr	Natural Food	1.04	---	---	---	1.15	1.10
	425 gr	G Selection	0.93	---	---	---	---	0.93
Vegetales Mixtos	425 gr	Del Monte	---	1.59	1.59	1.59	1.58	1.59
	425 gr	Ligo	1.15	1.49	1.49	1.49	---	1.41
	425 gr	Xtra	---	---	---	---	0.84	0.84
	425 gr	H.Park	---	0.89	0.89	0.89	---	0.89
	425 gr	Libbys	1.92	---	---	---	---	1.92
	425 gr	Rubi	---	---	---	---	0.80	0.80
	425 gr	La Sabrosita	---	0.85	0.85	0.85	---	0.85
	425 gr	G Selection	0.84	---	---	---	---	0.84
	425 gr	Primor	---	---	---	---	0.90	0.90
	425 gr	C. Barn	---	---	---	---	1.22	1.22
	425 gr	Goya	1.99	---	---	---	---	1.99
	425 gr	Corina	---	1.10	0.99	1.10	---	1.06
	425 gr	Campo Grande	---	---	---	---	0.98	0.98
	425 gr	Best Value	---	---	---	0.99	---	0.99
	425 gr	Oderich	---	---	1.10	---	---	1.10
Guisantes Dulces	425 gr	Del monte	---	1.69	1.69	---	1.68	1.69
	425 gr	Ligo	1.69	1.69	---	1.69	---	1.69
	425 gr	La Sabrosita	---	---	0.79	---	---	0.79
	425 gr	Rubi	---	---	---	---	0.92	0.92
	425 gr	C.Grande	---	---	---	---	0.91	0.91
	425 gr	H.Park	---	0.79	---	0.79	---	0.79
	425 gr	B.Value	---	---	0.79	---	---	0.79
	425 gr	Goya	2.05	2.15	---	---	---	2.10
	430 gr	Corina	---	1.10	1.10	---	---	1.10
	425 gr	C. Barn	---	---	---	---	1.20	1.20
	425 gr	Primor	---	---	---	---	0.84	0.84
	425 gr	Oderech	---	---	0.75	0.75	---	0.75
425 gr	G Selection	0.72	---	---	---	---	0.72	
FRUTAS FRESCAS:								
Uvas Sin Semillas	Kilo		6.59	5.95	5.49	---	6.70	6.18
Uvas Con Semillas	Kilo		4.25	3.45	4.29	4.29	3.43	3.94
Peras Medianas	Kg.		2.35	2.75	2.75	2.54	2.52	2.58
Manzanas Medianas	Kg.		2.25	2.59	2.59	2.59	2.24	2.45
OTROS PRODUCTOS								
Mayonesa	15 oz (443 ml)	Miracle Whip	2.59	2.75	2.75	2.75	---	2.71
	430gr	Mc Cormick	2.95	3.29	---	3.29	---	3.18
	400 g.	La Doña	2.29	2.25	2.25	2.25	2.23	2.25
	15 oz (443 ml)	Mayo Real	---	---	3.25	---	---	3.25
	443 ml	Helmet	---	3.19	---	3.19	---	3.19
Jugo de Piña-	946 ml	Estrella Azul	---	1.39	---	---	---	1.39
	946 ml	Del Frutal	---	1.15	1.15	1.15	---	1.15
	946 ml	Monte	1.56	1.37	1.37	---	1.37	1.42
	946 ml	Nevada	0.99	---	---	---	1.04	1.02
	946 ml	Delite	1.10	---	---	---	1.29	1.20
Piña en Rodajas, lata	20 oz.	M. bay	---	1.99	1.99	1.99	---	1.99
	20 oz.	Gold	---	---	2.29	---	---	2.29
	20 oz.	Roland	---	2.59	---	---	2.57	2.58
	20 oz.	Liberty	---	2.29	---	2.29	---	2.29
	20 oz.	Ketchen Maid	---	---	---	---	2.78	2.78
	20 oz.	G. Selection	1.98	---	---	---	---	1.98
Aceitunas con Semillas	7 oz. (p.escurrido)	Frajata	2.50	2.75	2.75	2.75	---	2.69
Acalparrado	7 oz. (p.escurrido)	Don Juan	1.79	---	---	---	2.11	1.95
	7 oz. (p.escurrido)	Frajata	1.59	2.05	2.09	2.09	---	1.96
	5 oz. (p.escurrido)	Italica	---	1.29	---	---	---	1.29
Arroz de Primera	5 lbs	Polar	2.79	---	---	---	---	2.79
	5 lbs	Pelin	---	3.30	---	3.19	---	3.25
	5 lbs	Sanbrozon	---	---	3.05	---	---	3.05
	5 lbs	Ricachon	---	2.99	---	---	---	2.99
	5 lbs	Baru	---	---	3.29	---	3.17	3.23
	5 lbs	D.Henry	---	---	---	---	2.98	2.98
	5 lbs	Campo	---	---	---	3.05	---	3.05
Aderezo para Pavos	7 oz.	La Doña	2.35	2.49	2.49	2.49	2.35	2.43
	190 g. (8.0 oz.)	Doraz	2.45	2.65	2.65	2.65	---	2.60

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			El Machetazo Metro Mall	99 Los Pueblos	99 Los Pedregal	99 Plaza Tocumen	Xira Las Acacias	
	7 oz	Proluxa	1.98	2.25	--	--	--	2.12
Glacado para Jamón	7 oz.	8 oz/Proluxa	1.98	2.25	---	2.25	---	2.16
	190 g. (8.0 oz.)	La Doña	1.95	2.25	2.25	2.25	2.25	2.19
	(7.0 oz.)	Doraz	2.45	2.65	2.65	2.65	---	2.60
Nueces	Paq. 400 g.	C.Valley	---	---	---	---	2.95	2.95
	Paq. 400 g.	G Selection	2.69	---	---	---	---	2.69
Nueces	Paq.250 g	G Selection	1.85	---	---	---	---	1.85
	Paq.250 g	Alto de cruz	---	2.35	---	2.35	---	2.35
Nueces Mixtas	Paq. 400 g.	G Selection	3.29	---	---	---	---	3.29
Nueces Mixtas	Paq. 250 g.	C.Valley	---	---	---	---	2.65	2.65
	Paq. 250 g.	Alto de cruz	---	2.79	2.79	2.79	---	2.79
	Paq.250 g	G Selection	2.15	---	---	---	---	2.15
Dulce de Frutas	(16 . oz)	Sabrosita	---	3.55	3.55	3.55	---	3.55
	14 oz	Navi Cake	4.10	4.15	4.15	---	---	4.13
	340gr	Machetazo	3.59	---	---	---	---	3.59
	16oz	D Pan	---	---	---	---	3.76	3.76
	380 gr	Santa Librada	---	---	---	---	5.00	5.00
Rosca sin nueces	(32 . oz)	Sabrosita	---	4.69	4.69	4.69	---	4.69
	(33 . oz)	Rimith	5.25	4.95	4.95	4.95	---	5.03
	850gr	D.Pan	---	---	---	---	3.50	3.50
	800gr	Machetazo	3.79	---	---	---	---	3.79
	700gr	S.Librada	4.10	---	---	---	---	4.10
	935 gr	T.Choice	---	---	---	---	5.07	5.07
	33oz	T.Choice	4.95	---	---	---	---	4.95
	800 gr	P. Bakey	3.95	---	---	---	3.60	3.78
Rosca con Nueces	(32 . oz)	Sabrosita	---	---	5.99	5.99	---	5.99
	32oz	T.Choice	6.25	---	---	---	---	6.25
	935 gr	T.Choice	---	---	---	---	6.32	6.32
	32	D.Pan	---	---	---	---	4.50	4.50
	935gr	Bimbo	---	---	---	---	9.25	9.25
	32oz	Bimbo	---	---	9.25	---	---	9.25
	(44 . oz)	Rimith	10.25	---	---	---	---	10.25
	800 gr	Like	---	---	---	---	3.88	3.88

Fuente: ACODECO

Miembro de CONCADECO, Consejo Centroamericano de Protección al Consumidor

COSTO PROMEDIO APROXIMADO DE UNA CENA NAVIDEÑA, EN PRINCIPALES CADENAS DE SUPERMERCADO DE JUAN DÍAZ, SEGÚN ENCUESTA REALIZADA EL 05 DE DICIEMBRE 2025

PRODUCTO	CANTIDAD	CON JAMÓN	CON PAVO	CON PAVIPOLLO	CON POLLO
COSTO APROXIMADO		75.49	65.65	63.83	56.53
Rosca de Pan sin nueces (850 gr)	1	3.50	3.50	3.50	3.50
Nueces mixtas (400 gr)	1	3.29	3.29	3.29	3.29
Dulce de Frutas (16 oz)	1	3.55	3.55	3.55	3.55
Aceitunas (7 oz)	1	2.69	2.69	2.69	2.69
Alcaparras (7 oz)	1	1.95	1.95	1.95	1.95
Arroz (paquete de 5 libras)	1	2.79	2.79	2.79	2.79
Lata de guandú (15 oz)	1	0.92	0.92	0.92	0.92
Papas (libra)	4	3.08	3.08	3.08	3.08
Cebolla (Libra)	1	1.33	1.33	1.33	1.33
Remolacha (libra)	3	2.37	2.37	2.37	2.37
Zanahoria (libra)	3	1.89	1.89	1.89	1.89
Docena de huevos	1	1.94	1.94	1.94	1.94
Vegetales mixtos (lata 15 oz)	1	0.80	0.80	0.80	0.80
Mayonesa 400gr	1	2.25	2.25	2.25	2.25
Uvas (libra)	3	5.37	5.37	5.37	5.37
Peras (libra)	1	1.17	1.17	1.17	1.17
Manzanas (libra)	1	1.11	1.11	1.11	1.11
Ron Ponche (946 ml)	1	3.45	3.45	3.45	3.45
Piña en rodaja (20 oz)	1	1.98	1.98	1.98	1.98
Jamón (aprox 10 lbs)	1	27.90			
Glaseado de jamón (8 oz)	1	2.16			
Pavo (aprox 10 lbs)	1		18.10		
Aderezo de pavo (8 oz)	1		2.12		
Pavipollo (aprox 10 lbs)	1			18.40	
Pollo (aprox 10 lbs)	1				11.10

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

FUENTE: ACODECO