

Affordable prices at Myanmar counters



AI Overview

Myanmar offers generally low prices for food, groceries, and commercial counters, making it an affordable destination for both daily shopping and business needs.

Food and Grocery Prices

Everyday food items in Myanmar are very affordable compared to international standards. For example, as of June 2026, basic grocery prices include:

- Milk (1 liter): \$0.72
 - Chicken (1 kg): \$2.96
 - Beef (1 kg): \$5.41
 - Fish (1 kg): \$3.98
 - Eggs (10 pieces): \$0.83
 - Bread (1 loaf): \$0.35
 - Rice (1 kg): \$1.38
 - Pasta (500 g): \$0.56
 - Vegetable oil (1 liter): \$1.19
- These prices make it possible to maintain a monthly grocery budget of \$50–100 per person depending on consumption and location (). Dining out is also inexpensive. A meal at an inexpensive restaurant typically costs \$3–4 per person, and local street food offers even cheaper options. Overall, food in Myanmar is 55% cheaper than in the United States, and dining in restaurants and bars is about 73% cheaper ().

Article Content

Myanmar Prices 2026: 50 + Items

Updated 2026 cost of living in Myanmar: groceries, dining out, fuel, utilities, salaries. Local prices in MMK

Currency Exchange Counters | CB Bank

Currency Exchange Service Currency Exchange Counters CB Bank has placed Currency Exchange Counters in many public places

Cost of Living in Myanmar (2026) - Prices, Rent, Salary & Expenses

Discover the cost of living in Myanmar for 2026. Compare rent, groceries, utilities, transport, and salary insights for

Cost of living and prices in Myanmar Updated Jul 2023

Discover the true cost of living in Myanmar with TravelTables" comprehensive report. Get insightful notes and references on

What Things Cost in Myanmar

Overall, Myanmar is a cheap place to visit - cheaper than its popular neighbor, Thailand. However, the one pickle is

Food Prices in Myanmar

Average food prices in Myanmar. Various related sociological and economical indexes calculated for Myanmar.

Food & Grocery Prices in Myanmar

The cost of food in Myanmar can vary depending on the location, type of cuisine, and eating establishment, but on average, a meal

Kitchen Countertops

Find affordable & durable counter tops at IKEA. Whether you're looking for "kitchen counter tops near me"

Yangon Cost of Living 2026

What are the supermarket prices in Yangon? Are the costs of living in Yangon higher than in United States? Yangon - How much will

Cost of Living in Myanmar

Discover the cost of living in Myanmar - housing, food, transport & more. Compare expenses and plan your budget.

Is Myanmar Expensive? Costs & Saving Tips 2026

How expensive is Myanmar? Myanmar is generally cheap. If you are price-conscious, a trip to Myanmar in 2026 is a very good

Food prices in Myanmar Is it cheaper in shops than in Myanmar?

Will I pay a lot for groceries in Myanmar? On this page you will find the current price list of food products in Myanmar,

Monitoring the agri-food system in Myanmar: The rising costs of diets ...

We assess changes in food prices and purchasing power of casual wage laborers based on large-scale surveys of

How Much Does a Trip to Myanmar Cost? (In-Depth

If you do decide to visit, you'll be pleased to hear that Myanmar is much easier, safer and more affordable

Prices in Yangon 2026 prices in restaurants, prices of food

What are the prices in Yangon? Wondering how much dinner costs? What is the cost of accommodation? How much money do I

Cost of Living in Myanmar (2026) | BearSavings

Discover the cost of living in Myanmar. Compare prices for housing, food, transportation, and more. Get detailed insights about

Cost of Living in Yangon, Myanmar. Dec 2025 prices in Yangon.

Cost of Living in Yangon, Myanmar :: Average prices of more than 50 products and services in Yangon, Myanmar.

Prices in Yangon 2026 prices in restaurants, prices of food

A key element of the process is community verification — our users regularly report current prices and local market changes,

Prices in Myanmar | BDEEX USA

Price catalog for goods and services in Myanmar We calculate average prices for goods and services in Myanmar based on data

Cost of Living in Myanmar (2026): Rent, Food, Salary Guide

Check Myanmar cost of living in 2026 with price benchmarks for housing, groceries, transport, and average earnings.

Prices in Myanmar 2026 prices in restaurants, prices of ...

Prices Myanmar 2026 How much is a hotel in Myanmar? ~81 USD. Accommodation Cost, Restaurant prices, Prices in Supermarket,

Store Prices in Myanmar, food prices | BDEEX USA

The food prices page for Myanmar brings together grocery costs and food basket indicators in a format built for quick comparison.

Cost of Living in Myanmar. Prices in Myanmar. Updated Apr 2026

Average prices of more than 40 products and services in Myanmar. Prices of restaurants, food, transportation, utilities and housing

Myanmar Food Prices 2024 — Meat, Vegetables & Staples

Official Myanmar food prices in Yangon market. Pork at 20,208 Kyat/Viss, Chicken at 19,122 Kyat/Viss, Beef at 19,546

Prices in Myanmar (Burma). Cost of Living & Travel Budget Calculator

Find out about average prices in Myanmar (Burma), including food prices, restaurants, transportation and accommodation. Use our

What is the cost of living in Myanmar?

Information about expenses, fees, rental prices, how much you have to pay for clothes or shoes and what are the costs

Prices in Myanmar Our Full Travel Cost Breakdown

How much does Myanmar really cost? 📄 Hotels, food, transport & admission fees broken down Real numbers from 4 weeks of

Prices in Myanmar 2026 prices in restaurants, prices of ...

How much money do I need for shopping in a supermarket in Myanmar? Find out about average prices in Myanmar, including food

Contact Us

For more information, pricing, or custom solutions, please contact us:

Website: <https://kilitech.co.za>

Email: info@kilitech.co.za

Phone: +44 20 7183 2649

Address: 1st Floor, The Shard, 32 London Bridge Street, London, SE1 9SG,
United Kingdom

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