



UK price guide

Browse through the different common prices of products in the UK* and compare the cost to different Middle Eastern currencies**

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	Tomato Puree	£0.60	11212.50	0.53	17.29	979.64
	Vegetable Soup	£0.75	14015.62	0.66	21.61	1224.56
	Green Olives 340g	£1.10	20556.24	0.97	31.69	1796.01
	Digestive Biscuit	£1.60	29899.99	1.42	46.10	2612.38
	80 Tea Bags	£1.10	20556.24	0.97	31.69	1796.01

*All prices were sourced from Tesco in June 2023

**All currency conversions taken from Google Finance on 07 June 2023

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1.5kg Table Salt	£1.75	32703.12	1.55	50.42	2857.30
	50g Black Pepper	£1.60	29899.99	1.42	46.10	2612.38
	300g Hummus	£1.50	28031.24	1.33	43.21	2449.11
	Pint of Milk	£0.90	16818.75	0.80	25.93	1469.47
	12 Eggs	£3.10	57931.23	2.74	89.31	5061.49
	Loaf of Bread	£1.40	26162.49	1.24	40.33	2285.84
	1kg Bag of Rice	£1.60	29899.99	1.42	46.10	2612.38
	400g Tin of Tomatoes	£0.55	10278.12	0.49	15.85	898.01
	6 Flatbreads	£1.20	2205.45	1.04	26.32	2132.76

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Bag Sugar	£1.05	19621.87	0.93	30.25	1714.38
	1ltr Bottle Vegetable Oil	£2.25	42046.86	1.99	64.82	3673.67
	500g Green Lentils	£1.50	28067.48	1.33	43.21	2449.11
	500g Greek Style Yogurt	£1.10	20556.24	0.97	31.69	1796.01
	1ltr bottle of Olive Oil	£5.80	108387.47	5.13	167.10	9469.89
	400g tin of Borlotti Beans	£0.65	12146.87	0.57	18.73	1061.28
	1.5kg plain flour	£0.80	14950.00	0.71	23.05	1306.19
	227g of Ground Coffee	£3.90	72881.23	3.45	112.36	6367.69




Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Carrots	£0.58	10838.75	0.51	16.71	946.99
	2.4kg Potatoes	£1.68	31394.99	1.49	48.40	2743.00
	1 Onion	£0.12	2242.50	0.11	3.46	195.93
	1 Garlic	£0.33	551.36	0.29	9.51	538.80
	1 Lemon	£0.30	5606.25	0.27	8.64	489.82
	1 Orange	£0.35	6540.62	0.31	10.08	571.46
	1 Banana	£0.18	3363.75	0.16	5.19	293.89
	1 Apple	£0.65	12146.87	0.57	18.73	1061.28





















Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	20 Black Bin Bags	£2.75	51390.61	2.43	79.23	4490.04
	750ml Bleach	£0.60	11212.50	0.53	17.29	979.64
	Multi-Purpose Cleaner	£2.00	37374.99	1.77	57.62	3265.48
	8 Sponges	£0.43	8035.62	0.38	12.39	702.08
	5 Tea Towels	£4.00	74749.98	3.54	115.24	6530.96
	2.6kg Washing Power	£4.75	88765.60	4.20	136.85	7755.52
	4 Dish Cloths	£1.60	29899.99	1.42	46.10	2612.38
	Washing up Liquid	£0.65	12146.87	0.57	18.73	1061.28

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	16 Sanitary Towels	£0.95	17753.12	0.84	27.37	1551.10
	20 Tampons	£2.00	37374.99	1.77	57.62	3265.48
	350ml Shampoo or Conditioner	£0.95	17753.12	0.84	27.37	1551.10
	4 Toilet Rolls	£2.95	55128.11	2.61	84.99	4816.58
	500ml Shower Gel	£1.10	20556.24	0.97	31.69	1796.01
	4 Bars of Soap	£1.35	25228.12	1.19	38.89	2204.20
	Toothbrush	£1.00	18687.50	0.88	28.81	1632.74
	75ml Toothpaste	£0.98	18313.75	0.87	28.23	1600.09

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	500ml Baby Shampoo	£0.95	17753.12	0.84	27.37	1551.10
	60 Baby Wipes	£0.65	12146.87	0.57	18.73	1061.28
	300 Nappy Bags	£0.60	11212.50	0.53	17.29	979.64
	50 Nappies Size 3	£10.00	186874.95	8.84	288.10	16327.40
	3 Baby Bottles	£25.80	482137.37	22.82	743.29	42124.69
	Tommee Tippee Steam Steriliser	£40.00	747499.80	35.38	1152.39	65309.60

*All prices were sourced from Tesco and Argos in June 2023

**All currency conversions taken from Google Finance 07 June 2023

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	Non-Spill Cup	£2.60	48587.49	2.30	74.91	4245.12
	Toddler Fork and Spoon	£3.15	58865.61	2.79	90.75	5143.13
	Weaning Bowl Spoon Set	£3.20	59799.98	2.83	92.19	5224.77
	Baby Plate	£1.50	28067.48	1.33	43.21	2449.11
	Baby Bowl	£1.50	28067.48	1.33	43.21	2449.11
	Audio Baby Monitor	£25.00	467187.38	22.11	720.24	40818.50

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**All currency conversions taken from Google finance on 07 June 2023

Rênimaya nirxa Berîtanî

Çendîn ji bo berhevên nav Berîtanya* bigere û nirxên bi diravên cudah ya Rojhilata Navîn berawird bike**

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urduunî	Lîra Tirkî	Dînara Êraqî
	Pûrîya Temate	£0.60	11212.50	0.53	17.29	979.64
	Sûpa Sebze	£0.75	14015.62	0.66	21.61	1224.56
	Zeytûna Kesk 340g	£1.10	20556.24	0.97	31.69	1796.01
	Biskîta Hersî	£1.60	29899.99	1.42	46.10	2612.38
	80 Kîsa Çay	£1.10	20556.24	0.97	31.69	1796.01

* Hemû nirx di hezîrana 2023yan de ji Tescoyê hatine peydakirin

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 7yê hezîrana 2023yan

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urduî	Lîra Tirkî	Dînara Êraqî
	1.5kg Xwêya Sifrê	£1.75	32703.12	1.55	50.42	2857.30
	50g Bîbera Reş	£1.60	29899.99	1.42	46.10	2612.38
	300g Humos	£1.50	28031.24	1.33	43.21	2449.11
	Pîvanek şîr	£0.90	16818.75	0.80	25.93	1469.47
	12 Hêk	£3.10	57931.23	2.74	89.31	5061.49
	Perçeyek Nan	£1.40	26162.49	1.24	40.33	2285.84
	1kg Kîsa Birinc	£1.60	29899.99	1.42	46.10	2612.38
	400g Qutîka Temate	£0.55	10278.12	0.49	15.85	898.01
	6 Nanê text	£1.20	2205.45	1.04	26.32	2132.76

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	1kg Kîsa şeker	£1.05	19621.87	0.93	30.25	1714.38
	1ltr Bitla Zeyta Riwekî	£2.25	42046.86	1.99	64.82	3673.67
	500g Nîska Kesk	£1.50	28067.48	1.33	43.21	2449.11
	500g Mastê bi awayê Yûnanî	£1.10	20556.24	0.97	31.69	1796.01
	1ltr Bitla Zeyta Zeytûnê	£5.80	108387.47	5.13	167.10	9469.89
	400g qutiya Fasûliyên Barlotti	£0.65	12146.87	0.57	18.73	1061.28
	1.5 kg Arda Sade	£0.80	14950.00	0.71	23.05	1306.19





227g Qehweya Harawa	£3.90	72881.23	3.45	112.36	6367.69
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Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urduî	Lîra Tirkî	Dînara Êraqî
	1kg Gêzer	£0.58	10838.75	0.51	16.71	946.99
	2.4kg Petate	£1.68	31394.99	1.49	48.40	2743.00
	1 Pîvaz	£0.12	2242.50	0.11	3.46	195.93
	1 Sîr	£0.33	551.36	0.29	9.51	538.80
	1 Lîmo	£0.30	5606.25	0.27	8.64	489.82
	1 Pirteqal	£0.35	6540.62	0.31	10.08	571.46
	1 Mûz	£0.18	3363.75	0.16	5.19	293.89



1 Sêv	£0.65	12146.87	0.57	18.73	1061.28
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Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	20 Cantaya Gilêşa Reş	£2.75	51390.61	2.43	79.23	4490.04
	750ml Spîker	£0.60	11212.50	0.53	17.29	979.64
	Paqijkera Çend-Armanca	£2.00	37374.99	1.77	57.62	3265.48
	8 Lûfikê	£0.43	8035.62	0.38	12.39	702.08
	5 Xewlîya Sirrîn	£4.00	74749.98	3.54	115.24	6530.96
	2.6kg Toza şûştin	£4.75	88765.60	4.20	136.85	7755.52
	4 Qumaşa Qapşûştin	£1.60	29899.99	1.42	46.10	2612.38
	Herkoyîya şûştin	£0.65	12146.87	0.57	18.73	1061.28

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	16 Xewlîya Paqjî	£0.95	17753.12	0.84	27.37	1551.10
	20 Serdevik	£2.00	37374.99	1.77	57.62	3265.48
	350ml şampo an mikeyif	£0.95	17753.12	0.84	27.37	1551.10
	4 Rola Avdest	£2.95	55128.11	2.61	84.99	4816.58
	500ml Cêla Hemam	£1.10	20556.24	0.97	31.69	1796.01
	4 Qaliba Sabûn	£1.35	25228.12	1.19	38.89	2204.20
	Fırçeya Diran	£1.00	18687.50	0.88	28.81	1632.74
	75ml Merhema Diran	£0.98	18313.75	0.87	28.23	1600.09

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dînara Urdunî	Lîra Tirkî	Dînara Êraqî
	500ml şampoya Zarokan	£0.95	17753.12	0.84	27.37	1551.10
	60 Paqijkira Zarokan	£0.65	12146.87	0.57	18.73	1061.28
	300 Cantaya Daybî	£0.60	11212.50	0.53	17.29	979.64
	50 Daybîya Endaze 3	£10.00	186874.95	8.84	288.10	16327.40
	3 Bîberonên Bebikan	£25.80	482137.37	22.82	743.29	42124.69
	Tommee Tippee Sterilîzatora Buxarê	£40.00	747499.80	35.38	1152.39	65309.60

* Hemû nirx di hezîrana 2023yan de ji Tesco û Argosê hatine peydakirin

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 7yê hezîrana 2023yan

Wêne	Tişt	Pawnda Berîtanî	Pawnda Lubnanî	Dîna Urdunî	Lîra Tirkî	Dînara Êraqî
	Cama Xwarina Zarok	£2.60	48587.49	2.30	74.91	4245.12
	Çetal û Çemçika Bebig	£3.15	58865.61	2.79	90.75	5143.13
	Sêta Çemçik û Qapa Ji şîrgirtinê	£3.20	59799.98	2.83	92.19	5224.77
	Sênîya Zarok	£1.50	28067.48	1.33	43.21	2449.11
	Defira Zarok	£1.50	28067.48	1.33	43.21	2449.11
	Kontrola Dengîya Zarok	£25.00	467187.38	22.11	720.24	40818.50

* Hemû nirx di hezîrana 2023yan de ji Tesco û Argosê hatine peydakirin

**Hemî guhartinên diravan hatîye wergirtin ji Google Finance di 7yê hezîrana 2023yan