






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	£0.31	669.19	0.31	3.76	642.46
	Vegetable Soup	£0.45	971.40	0.45	5.47	932.60
	Green Olives 340g	£0.75	1619.00	0.75	9.11	1554.34
	Digestive Biscuit	£1.00	2158.66	1.01	12.14	2072.45
	80 Tea Bags	£1.10	2374.53	1.11	13.36	2279.69

*All prices were sourced from Tesco in May 2021

** All currency conversions taken from Morningstar on 29 May 2021

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	750g Table Salt	£0.35	755.53	0.35	4.25	725.36
	50g Black Pepper	£1.30	2806.26	1.31	15.79	2694.18
	300g Hummus	£1.45	3130.06	1.46	17.61	3005.05
	Pint of Milk	£0.50	1079.33	0.50	6.07	1036.22
	12 Eggs	£1.69	3648.14	1.70	20.52	3502.44
	Loaf of Bread	£0.59	1273.61	0.59	7.17	1222.75
	1kg Bag of Rice	£1.20	2590.39	1.21	14.57	2486.94
	400g Tin of Tomatoes	£0.42	906.64	0.42	5.10	870.43
	6 Flatbreads	£0.79	1705.34	0.79	9.59	1637.24

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Bag Sugar	£0.65	1403.13	0.65	7.89	1347.09
	1ltr Bottle Vegetable Oil	£1.10	2374.53	1.11	13.36	2279.69
	500g Green Lentils	£1.15	2482.46	1.16	13.97	2383.32
	Greek Style Yogurt	£0.75	1619.00	0.75	9.11	1554.34
	1ltr bottle of Olive Oil	£3.00	6475.98	3.02	36.43	6217.35
	400g tin of beans	£0.55	1187.26	0.55	6.68	1139.85
	1kg plain flour	£0.60	1295.20	0.60	7.29	1243.47
	227g of Ground Coffee	£2.30	4964.92	2.31	27.93	4766.63











Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	1kg Carrots	£0.40	863.46	0.40	4.86	828.98
	2.4kg Potatoes	£1.99	4295.74	2.00	24.29	4124.17
	1 Onion	£0.10	215.87	0.10	1.21	207.24
	1 Garlic	£0.25	539.67	0.25	3.04	518.11
	1 Lemon	£0.30	647.60	0.30	3.64	621.73
	1 Orange	£0.30	647.60	0.30	3.64	621.73
	1 Banana	£0.13	280.63	0.13	1.58	269.42
	1Apple	£0.35	755.53	0.35	4.25	725.36







Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	20 Black Bin Bags	£2.15	4641.12	2.16	26.11	4455.77
	750ml Bleach	£0.39	841.88	0.39	4.74	725.36
	Multi-Purpose Cleaner	£0.80	1726.93	0.80	9.72	1657.96
	8 Sponges	£0.40	863.46	0.40	4.86	828.98
	5 Tea Towels	£5.00	10793.31	5.03	60.72	10362.25
	2.6kg Washing Power	£3.50	7555.32	3.52	42.51	7253.57
	3 Dish Cloths	£1.00	2158.66	1.01	12.14	2072.45
	Washing up Liquid	£0.33	712.36	0.33	4.01	683.91

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	16 Sanitary Towels	£0.95	2050.73	0.95	11.54	1968.83
	20 Tampons	£0.95	2050.73	0.95	11.54	1968.83
	350ml Shampoo or Conditioner	£0.95	2050.73	0.95	11.54	1968.83
	4 Toilet Rolls	£1.90	4101.46	1.91	23.08	3937.65
	250ml Shower Gel	£0.88	1899.62	0.88	10.69	1823.76
	4 Bars of Soap	£1.20	2590.39	1.21	14.57	2486.94
	Toothbrush	£1.00	2158.66	1.01	12.14	2072.45
	100ml Toothpaste	£0.96	2072.32	0.96	11.66	1989.55

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	500ml Baby Shampoo	£1.00	2158.66	1.01	12.14	2072.45
	60 Baby Wipes	£0.65	1403.13	0.65	7.89	1347.09
	300 Nappy Bags	£0.35	755.53	0.35	4.25	725.36
	50 Nappies Size 3	£7.00	15110.63	7.05	85.01	14507.15
	3 Baby Bottles	£19.00	41014.57	19.12	230.75	39376.54
	Steam Steriliser	£34.00	73394.50	34.22	412.92	70463.28

*All prices were sourced from Tesco and Argos in May 2021

**All currency conversions taken from Morningstar on 29 May 2021

Photo	Item	GBP	Lebanese Pounds	Jordanian Dinar	Turkish Lira	Iraqi Dinar
	Non-Spill Cup	£2.00	4316.21	2.01	24.92	4144.90
	Toddler Fork and Spoon	£3.00	6474.32	3.02	36.43	6217.35
	Weaning Bowl Spoon Set	£3.00	6474.32	3.02	36.43	6217.35
	Baby Plate	£1.50	3237.16	1.51	18.22	3108.67
	Baby Bowl	£1.50	3237.16	1.51	18.22	3108.67
	Audio Baby Monitor	£20.00	43162.13	20.13	242.90	41448.99

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Rêbera Nirxan a QY

Çav li nirxên cuda yên berhemên navdar ên QY* bixin û malîyetê bi cûrên pereyên cuda yên Rojhilata Navîn re bidin ber hev**









Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	Firengiyên Hûrkiî	£0.31	669.19	0.31	3.76	642.46
	Şorbeya Zerzewatan	£0.45	971.40	0.45	5.47	932.60
	Zeytûnên Kesk 340g	£0.75	1619.00	0.75	9.11	1554.34
	Piskifitên Mehandinê	£1.00	2158.66	1.01	12.14	2072.45
	80 Zerfên Çayê	£1.10	2374.53	1.11	13.36	2279.69

*Hemû nirx ji jêdera Tesco-yê di Gulana 2021ê de hatine wergirtin

**Hemû veguhestinên cûrepereyan ji Morningstar-ê di 29ê Gulana 2021ê de hatine sitandin





Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	750g xweyêya xwarinê	£0.35	755.53	0.35	4.25	725.36
	50g Îsota Reş	£1.30	2806.26	1.31	15.79	2694.18
	300g Humis	£1.45	3130.06	1.46	17.61	3005.05
	Nîv lître şîr	£0.50	1079.33	0.50	6.07	1036.22
	12 Hêk	£1.69	3648.14	1.70	20.52	3502.44
	Nanê Somin	£0.59	1273.61	0.59	7.17	1222.75
	Tûrikeke Birincî yê 1 kîlogramî	£1.20	2590.39	1.21	14.57	2486.94
	Tenekeya 400 g a Firengîyan	£0.42	906.64	0.42	5.10	870.43
	6 Nanê sêlê	£0.79	1705.34	0.79	9.59	1637.24

Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	Tûrikê 1 kg ê Şekirî	£0.65	1403.13	0.65	7.89	1347.09
	Şûşeyeke 1 lître yê Rûnê Zerzewatan	£1.10	2374.53	1.11	13.36	2279.69
	500gram nîskên kesk	£1.15	2482.46	1.16	13.97	2383.32
	Mastê bi Awayê Yûnanîyan	£0.75	1619.00	0.75	9.11	1554.34
	Rûnê Zeytûnê yê qutîyeke 1 lître yê	£3.00	6475.98	3.02	36.43	6217.35
	400g konserveya fasûlyeyan	£0.55	1187.26	0.55	6.68	1139.85
	Kîlogramek ardê asa	£0.60	1295.20	0.60	7.29	1243.47
	227g Qehweya hêrandî	£2.30	4964.92	2.31	27.93	4766.63

Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	Kîlogramek Gêzer	£0.40	863.46	0.40	4.86	828.98
	2,4 kîlogram Kartol	£1.99	4295.74	2.00	24.29	4124.17
	1 Pîvaz	£0.10	215.87	0.10	1.21	207.24
	1 Sîr	£0.25	539.67	0.25	3.04	518.11
	1 leymûn	£0.30	647.60	0.30	3.64	621.73
	1 Pûrteqal	£0.30	647.60	0.30	3.64	621.73
	1 Mûz	£0.13	280.63	0.13	1.58	269.42
	1 Sêv	£0.35	755.53	0.35	4.25	725.36







Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	20 Tûrikên Reş ên Qirşûqalan	£2.15	4641.12	2.16	26.11	4455.77
	750ml Sabûna Derdanan	£0.39	841.88	0.39	4.74	725.36
	Paqijkera Pirr Mebestî	£0.80	1726.93	0.80	9.72	1657.96
	8 Singêr	£0.40	863.46	0.40	4.86	828.98
	5 Destmal	£5.00	10793.31	5.03	60.72	10362.25
	2,6kg Deterjana Cilan	£3.50	7555.32	3.52	42.51	7253.57
	3 Potikên Derdanan	£1.00	2158.66	1.01	12.14	2072.45
	Ava Paqijîyê	£0.33	712.36	0.33	4.01	683.91

Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	16 Xawlîyên Paqijîyê	£0.95	2050.73	0.95	11.54	1968.83
	20 Tampon	£0.95	2050.73	0.95	11.54	1968.83
	350ml Şampûan yan Melhema Poran	£0.95	2050.73	0.95	11.54	1968.83
	4 Kaxezên Tiwalêtê	£1.90	4101.46	1.91	23.08	3937.65
	250ml Jela Serşuştinê	£0.88	1899.62	0.88	10.69	1823.76
	4 Qalib Sabûn	£1.20	2590.39	1.21	14.57	2486.94
	Firçeya Diranan	£1.00	2158.66	1.01	12.14	2072.45
	100ml Macûna Diranan	£0.96	2072.32	0.96	11.66	1989.55

Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	500ml Şampûana Zarokan	£1.00	2158.66	1.01	12.14	2072.45
	60 Kevnika Zarokan	£0.65	1403.13	0.65	7.89	1347.09
	300 Tûrikên Paçikî	£0.35	755.53	0.35	4.25	725.36
	50 Potikên Zarokan Mezinahîya 3yan	£7.00	15110.63	7.05	85.01	14507.15
	3 Bîberonên Bebekan	£19.00	41014.57	19.12	230.75	39376.54
	Paqijkera bi Hilmegulmê	£34.00	73394.50	34.22	412.92	70463.28

*Hemû nirx ji jêdera Tesco-yê û Argos di Gulana 2021ê de hatine wergirtin

**Hemû veguhestinên cûreperayan ji Morningstar-ê di 29ê Gulana 2021ê de hatine sitandin

Berhem	Wergêrî	Sterlîn	Lîreyê Libnanê	Dînarê Urdunê	Lîreyê Tirk	Dînarê Îraqê
	Qedeha Narije	£2.00	4316.21	2.01	24.92	4144.90
	Çetel û Kevçiyê yên nû bi rê ve diçin	£3.00	6474.32	3.02	36.43	6217.35
	Seta Kod û Kevçiyê ji şîrî vekirîyan	£3.00	6474.32	3.02	36.43	6217.35
	Teyfika Bebekan	£1.50	3237.16	1.51	18.22	3108.67
	Koda Bebekan	£1.50	3237.16	1.51	18.22	3108.67
	Monîtora Bideng a Bebekan	£20.00	43162.13	20.13	242.90	41448.99

*Hemû nirx ji jêdera Tesco-yê û Argos di Gulana 2021ê de hatine wergirtin

**Hemû veguhestinên cûreperayan ji Morningstar-ê di 29ê Gulana 2021ê de hatine sitandin