Truflation U.S. Breakfast Commodity Index

Truflation

TruBfast-US As of February 24, 2026

INDEX DETAILS

Index Engineer	Truflation
Ticker	TruBfast-US
Update Frequency	Daily (23:59 UTC)
Data Providers	NielsenIQ, Numbeo, BLS, USDA, Yahoo Finance, CME & IMF
Geography	United States
Start Date	April 26, 2022
Rebalance Frequency	Annually
Last Rebalance Date	February 6, 2026
Methodology	View Documentation

INDEX COMPOSITION

The TruBfast US Index measures breakfast inflation using a representative basket of commonly consumed breakfast items. USDA research shows that approximately 85% of U.S. adults eat breakfast daily, with broadly consistent participation across gender, age, and demographic groups. The most commonly consumed foods and beverages are mapped to relevant upstream agricultural commodity prices and supplemented with egg price data from the Truflation US CPI Eggs Index. The index applies a consumer expenditure weighting methodology based on household spending shares. Weightings are derived from Truflation CPI US data, global demographics, and data from the Bureau of Labor Statistics and the Bureau of Economic Analysis.

Cereals & Bread (Wheat & Oats)	26.3%
Eggs (TruCPIEggs-US)	11.2%
Meats (Lean Hog & Live Cattle)	10.0%
Sweets (Sugar & Cocoa)	14.8%
Milk (Milk)	18.1%
Coffee (Coffee)	10.6%
Tea (Tea)	6.1%
Orange Juice (Orange Juice)	2.9%

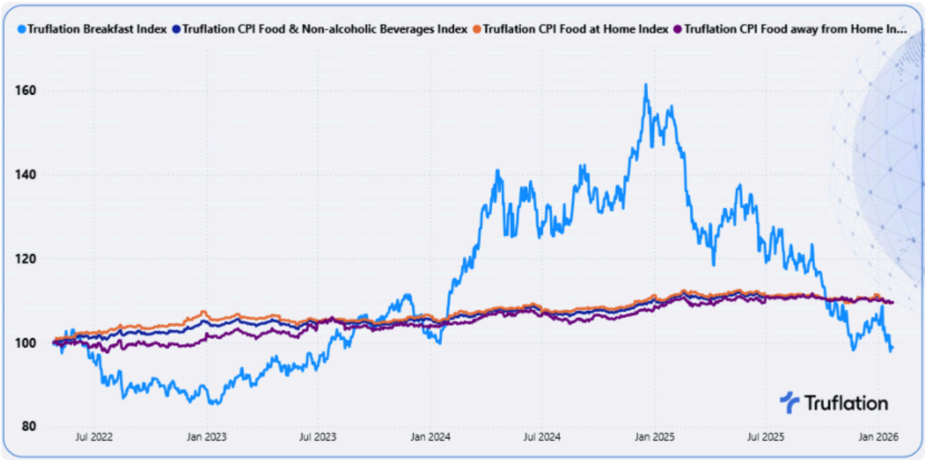
ABOUT TRUFLATION

Truflation is the real time truth layer for macro markets. We provide investors with actionable, high frequency trading signals built on transparent, independently verified economic data. Instead of waiting 30 60 days for government releases, our users get daily insights across 200+ indexes; inflation, housing, consumer categories, and more, all derived from real market prices, cross-checked across multiple sources, and published on chain for transparency. AI helps us process millions of data points so enterprises can access clean, audited, ready to use signals through our API.

EXECUTIVE SUMMARY

The Truflation U.S. Breakfast Commodity Index (TruBfast-US) tracks changes in the cost of a typical breakfast by monitoring the agricultural commodities underlying everyday items like eggs, bread, milk, and coffee. By linking consumer foods to inputs such as grains, dairy, sugar, and coffee beans, the index provides a transparent and relatable measure of how global commodity price movements; driven by factors like weather, geopolitics, trade policy, and currency shifts impact food inflation, purchasing power, and overall cost of living pressures.

TREND COMPARISON BETWEEN TRUBFAST-US AND TRUCPI-US FOOD



KEY FEATURES

Real-Time Updates
Daily data from commodities prices and Truflation US CPI Eggs Index ensuring immediate reflection of price changes to the breakfast items.

Transparent Methodology
Open, verifiable algorithms process and scale survey and sentiment data. Each component is traceable and documented.

Consumer Focused Weighting
Weighted index using consumer expenditure data, to ensure it closely reflects actual household spending patterns and changes in the cost of living related to breakfast consumption.

Broad Relevance Across Demographics
Given the high prevalence of breakfast consumption across age groups, genders, and ethnicities, the index represents a widely relevant consumption basket for U.S. households.

BENEFITS

Early Inflation Signals from Commodity Markets
The index links breakfast items to their underlying agricultural commodity inputs, allowing it to capture upstream price movements that often precede changes in retail food prices.

Intuitive and Relatable Inflation Measure
By tracking the cost of a typical breakfast, the index translates complex inflation dynamics into a simple, everyday experience, making food inflation easier to understand and communicate to non-technical audiences.

Actionable Insights for Multiple Stakeholders
The index provides valuable signals for policymakers monitoring food affordability, businesses managing input cost risk, investors assessing inflation trends, and media organizations communicating economic conditions.