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US CONSUMER PRICES · CPI-U

INFLATION'S *RECEIPT*

What got pricier, and what got cheaper



Since January 2020, US prices are up **30.8%** overall. **Gasoline (+67.6%)** and **beef (+64.4%)** top the bill. Only tech items rang up cheaper: **smartphones −57.2%**, **TVs −27.6%**.

+37.4%
gasoline in the past year alone (to Oct 2026)

+25.1%
cable & streaming TV, even as TV sets got cheaper

-57.2%
smartphones: the biggest price drop on the bill

US CONSUMER PRICE INDEX

CPI-U · U.S. CITY AVG · JAN 2020 → OCT 2026

ITEM	CHANGE
GASOLINE	+67.6%
BEEF	+64.4%
COFFEE	+50.8%
CAR INSURANCE	+49.2%
ELECTRICITY	+45.1%
EATING OUT	+38.6%
SHELTER	+34.0%
EGGS	+33.7%
USED CARS	+32.9%
GROCERIES	+32.8%
AIRFARE	+28.5%
CABLE & STREAMING	+25.1%
NEW CARS	+22.3%
MEDICAL CARE	+16.3%
CLOTHING	+14.5%
INTERNET SERVICE	+9.0%
COMPUTERS	+2.7%
PHONE PLANS	+2.4%
TVS	-27.6%
SMARTPHONES	-57.2%

◄ CHEAPER · PRICIER ►

ALL ITEMS +30.8%

TOTAL · ALL ITEMS **+30.8%**

INFLATION RATE, 12 MO. TO SEP 2026	3.7%
CORE (EX FOOD & ENERGY), SAME PERIOD	2.6%

SOURCE *U.S. Bureau of Labor Statistics, CPI-U, U.S. city average, not seasonally adjusted (Oct 2026 data, released Nov 10, 2026). Note: Change in each index from Jan 2020 to Oct 2026, calculated by Science of Apps. The 12-month rates are for Sep 2026 because BLS published no Oct 2026 12-month rates (Oct 2025 data were not collected). BLS adjusts smartphone prices for quality changes.*

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