

Province	Capital	Population	Area (km)	Human Development Index 2015
Alajuela	Alajuela	885571	9757	0.778
Cartago	Cartago	490903	3124	0.786
Heredia	Heredia	433677	2657	0.807
Guanacaste	Liberia	354154	10141	0.755
Limón	Puerto Limón	386862	9189	0.735
Puntarenas	Puntarenas	410929	11266	0.741
San José	San José	1404242	4966	0.792

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