

The following table gives the minimum cost of an adequate diet based on individual market order prepared by the Montreal Diet Dispensary, plus 5% to account for inevitable food loss. This market order meets the Dietary Reference Intakes (DRI 2004). These recommendations assume characteristic activity patterns for each age and sex group.

SEX / AGE	CALORIES	PROTEIN (g)	DAILY COST (\$)	WEEKLY COST (\$)	MONTHLY COST (\$)
Child					
6-11 months	735	19	4.75	33.25	144.08
1-3 years	1435	58	4.95	34.68	150.28
Boy/Man					
4-8	1930	84	6.38	44.68	193.61
9-13	2615	112	8.13	56.90	246.57
14-18	3265	135	9.55	66.83	289.60
19-30	2835	123	9.01	63.08	273.35
31-50	2695	114	8.56	59.90	259.57
51-70	2495	110	8.31	58.19	252.16
>70	2345	103	7.99	55.90	242.23
Girl/Woman					
4-8	1805	80	6.09	42.66	184.86
9-13	2285	100	7.62	53.32	231.05
14-18	2335	104	7.94	55.61	240.98
19-30	2300	101	7.82	54.77	237.34
31-50	2200	98	7.65	53.56	232.09
51-70	2030	94	7.49	52.43	227.20
>70	1930	88	7.17	50.22	217.62
Pregnant					
<18	2785	118	9.22	64.56	279.76
19-30	2620	113	8.97	62.78	272.05
31-50	2490	111	8.86	62.03	268.80
Breastfeeding					
<18	2655	113	9.01	63.07	273.30
19-30	2620	113	8.97	62.78	272.05
31-50	2530	112	8.89	62.22	269.62

The minimum adequate cost of a nutritive diet is **\$8.34 per person per day** for a family of four: a man (31-50 years), a woman(31-50 years), a boy (14-18 years) and a girl (9-13 years)*.

* Adjustment for family size

- For a person living alone, increase cost by 20%
- For a family of two, increase cost by 10%
- For a family of three, increase cost by 5%

Source : Family Food Budgeting. United States Department of Agriculture. Publication revised July 1979.

KINDS AND SIZE OF FOODS USED IN PRICING LIST – January 2018

FOOD CATEGORIES			CATEGORY REFERENCE	FOODS			CATEGORY REFERENCE
Foods included in the category	PRICE (\$)	SIZE	PRICE (\$)		PRICE (\$)	SIZE	PRICE (\$)
Milk				Other vegetables			4.11 / kg
Milk, whole	6.58	4 litres	1.65 / litre	Carrots	3.99	2.27 kg	
Milk, 2%	6.33	4 litres	1.58 / litre	Onions	1.79	908 g	
Milk, 1%	6.06	4 litres	1.52 / litre	Celery	3.29	1 unit	
				Spinach	2.48	170 g	
Meat			11.37 / kg	Broccoli	3.59	1 unit	
Medium ground beef	13.59	1 kg		Lettuce. iceberg	2.79	1 unit	
Round steak	19.82	1 kg		Turnip	2.18	1 kg	
Stewing beef	15.77	1 kg		Cabbage	1.96	1 kg	
Pork loin chop	12.76	1 kg		Tomatoes	7.21	1 kg	
Ham, smoked boneless	10.99	1 kg		Tomatoes. canned	1.29	796 mL	
Chicken thighs with back	6.15	1 kg		Tomato juice	0.99	540 mL	
Wieners	2.99	450 g		Tomato paste	0.69	156 mL	
Bologna	4.99	500 g		Green peas	1.49	540 mL	
				Corn. whole kernel	1.49	540 mL	
Liver, pork	4.83	1 kg	4.83 / kg	Frozen <i>macédoine</i>	3.99	1 kg	
Fish			13.14 / kg	Bread			4.10 / kg
Sole fillets, frozen	10.91	900 g		Whole wheat bread	2.59	675 g	
Tuna , light, flaked	1.49	170 g		Hamburger or hot dog	2.89	12 units	
Pink salmon, canned	2.49	213 g					
				Breakfast cereals			5.24 / kg
Egg, grade A, large	3.59	1 dozen	0.30 / unit	Shredded wheat	4.29	550 g	
				Bran flakes	3.99	450 g	
Cheese			12.19 / kg	Oats. quick	3.19	1 kg	
Cheese process	4.77	500 g					
Cheddar mild	4.19	300 g		Other cereal products			2.21 / kg
Mozzarella	4.19	300 g		Rice. long grain	2.59	900 g	
				Macaroni / spaghetti	1.79	900 g	
Peanut butter	2.99	500 g	5.99 / kg	Flour. all purpose	3.99	2.5 kg	
				Flour. whole wheat	2.69	1 kg	
Flax seed	4.20	1 kg	4.20 / kg				
				Butter/Margarine			8.01 / kg
Legumes			4.81 / kg	Butter	4.49	454 g	
Beans in tomato sauce	0.99	398 mL		Margarine	2.79	454 g	
Red beans	1.19	540 mL					
Chick peas	1.19	540 mL		Other fats			5.14 / kg
Lentils	1.46	400 g		Mayonnaise (65% oil)	2.89	445 mL	
Dried white beans	1.40	454 g		Vegetable oil (canola)	3.79	946 mL	
Dried red beans	1.65	454 g					
Yellow split peas	0.90	454 g		Sugar			2.06 / kg
				White sugar	3.49	2 kg	
Citrus			3.00 / kg	Brown sugar	2.99	1 kg	
Oranges	4.40	1 kg					
Frozen orange juice	2.39	341 mL		Sweets			6.26 / kg
				Strawberry jam	3.19	500 mL	
Other fruits			3.52 / kg	Honey	5.99	500 g	
Apples	3.31	1 kg		Molasses	1.68	300 g	
Bananas	1.74	1 kg					
Grapes	9.90	1 kg					
Pears	5.05	1 kg					
Cantaloupe	2.66	1 kg					
Fruit cocktail	2.99	796 mL					
Raisins	3.19	375 g					
Potatoes	4.99	4.54 kg	1.10 / kg				

Miscellaneous (seasonings, tea, coffee, etc.)
 Weekly allowances : \$2.14per adult
 \$ 0.99per child

Infant food
 Formula (powder): \$23.70 / 730 g
 Cereals: \$4.49 / 227 g