

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	DAILY COST	WEEKLY COST	MONTHLY COST
Child					
6-11 months	735	19	\$ 4.43	\$ 31.01	\$ 134.38
1-3 years	1435	58	\$ 4.87	\$ 34.09	\$ 147.72
Boy/Man					
4-8	1930	84	\$ 6.38	\$ 44.63	\$ 193.40
9-13	2615	112	\$ 8.12	\$ 56.82	\$ 246.22
14-18	3265	135	\$ 9.60	\$ 67.21	\$ 291.24
19-30	2835	123	\$ 8.97	\$ 62.76	\$ 271.96
31-50	2695	114	\$ 8.51	\$ 59.57	\$ 258.14
51-70	2495	110	\$ 8.25	\$ 57.74	\$ 250.21
>70	2345	103	\$ 7.90	\$ 55.29	\$ 239.59
Girl/Woman					
4-8	1805	80	\$ 6.07	\$ 42.51	\$ 184.21
9-13	2285	100	\$ 7.55	\$ 52.86	\$ 229.06
14-18	2335	104	\$ 7.88	\$ 55.13	\$ 238.90
19-30	2300	101	\$ 7.72	\$ 54.01	\$ 234.04
31-50	2200	98	\$ 7.55	\$ 52.85	\$ 229.02
51-70	2030	94	\$ 7.39	\$ 51.73	\$ 224.16
>70	1930	88	\$ 7.06	\$ 49.41	\$ 214.11
Pregnant					
<18	2785	118	\$ 9.06	\$ 63.40	\$ 274.73
19-30	2620	113	\$ 8.79	\$ 61.56	\$ 266.76
31-50	2490	111	\$ 8.69	\$ 60.82	\$ 263.55
Breastfeeding					
<18	2655	113	\$ 8.83	\$ 61.82	\$ 267.89
19-30	2620	113	\$ 8.79	\$ 61.56	\$ 266.76
31-50	2530	112	\$ 8.72	\$ 61.01	\$ 264.38

The minimum adequate cost of a nutritive diet is **\$8.30 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 – May 2016

FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE	FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE
Milk				Other vegetables			\$3.68 / kg
Milk, whole	\$6.58	4 litres	\$1.65 / litre	Carrots	\$4.99	2.27 kg	
Milk, 2%	\$6.33	4 litres	\$1.58 / litre	Onions	\$1.99	908 g	
Milk, 1%	\$6.06	4 litres	\$1.52 / litre	Celery	\$1.99	1 unit	
Meat			\$12.04 / kg	Spinach	\$1.49	170 g	
Medium ground beef	\$14.99	1 kg		Broccoli	\$3.49	1 unit	
Round steak	\$18.37	1 kg		Lettuce. iceberg	\$2.99	1 unit	
Stewing beef	\$18.72	1 kg		Turnip	\$2.18	1 kg	
Pork loin chop	\$12.74	1 kg		Cabbage	\$2.84	1 kg	
Ham, smoked boneless	\$12.49	1 kg		Tomatoes	\$3.95	1 kg	
Chicken thighs with back	\$6.60	1 kg		Tomatoes. canned	\$1.19	796 mL	
Wieners	\$3.49	450 g		Tomato juice	\$0.99	540 mL	
Bologna	\$6.19	500 g		Tomato paste	\$0.69	156 mL	
Liver, pork	\$4.83	1 kg	\$4.83 / kg	Green peas	\$1.49	540 mL	
Fish			\$14.18 / kg	Corn. whole kernel	\$1.49	540 mL	
Sole fillets, frozen	\$12.74	900 g		Frozen <i>macédoine</i>	\$3.99	1 kg	
Tuna , light, flaked	\$1.50	170 g		Bread			\$4.64 / kg
Pink salmon, canned	\$2.49	213 g		Whole wheat bread	\$2.99	675 g	
Egg, grade A, large	\$3.59	1 dozen	\$0.30 / unit	Hamburger or hot dog	\$2.99	12 units	
Cheese			\$12.37 / kg	Breakfast cereals			\$4.99 / kg
Cheese process	\$4.99	500 g		Shredded wheat	\$4.29	550 g	
Cheddar mild	\$4.19	300 g		Bran flakes	\$3.69	450 g	
Mozzarella	\$4.19	300 g		Oats. quick	\$2.99	1 kg	
Peanut butter	\$4.19	500 g	\$8.39 / kg	Other cereal products			\$2.33 / kg
Flax seed	\$4.20	907 g	\$4.20 / kg	Rice. long grain	\$2.49	900 g	
Legumes			\$4.72 / kg	Macaroni / spaghetti	\$2.19	900 g	
Beans in tomato sauce	\$0.99	398 mL		Flour. all purpose	\$4.29	2.5 kg	
Red beans	\$1.19	540 mL		Flour. whole wheat	\$2.59	1 kg	
Chick peas	\$1.19	540 mL		Butter/Margarine			\$7.13 / kg
Lentils	\$1.24	400 g		Butter	\$4.49	454 g	
Dried white beans	\$1.31	454 g		Margarine	\$1.99	454 g	
Dried red beans	\$1.66	454 g		Other fats			\$5.37 / kg
Yellow split peas	\$0.90	454 g		Mayonnaise (65% oil)	\$2.99	445 mL	
Citrus			\$2.43 / kg	Vegetable oil (canola)	\$3.99	946 mL	
Oranges	\$3.67	1 kg		Sugar			\$1.87 / kg
Frozen orange juice	\$1.79	341 mL		White sugar	\$2.99	2 kg	
Other fruits			\$3.68 / kg	Brown sugar	\$2.99	1 kg	
Apples	\$3.30	1 kg		Sweets			\$6.23 / kg
Bananas	\$1.96	1 kg		Strawberry jam	\$2.99	500 mL	
Grapes	\$8.80	1 kg		Honey	\$6.49	500 g	
Pears	\$5.48	1 kg		Molasses	\$1.60	300 g	
Cantaloupe	\$2.85	1 kg		Infant food			
Fruit cocktail	\$2.89	796 mL		Formula, powder	\$21.898	730 g	
Raisins	\$3.99	375 g		Cereals	\$3.99	227 g	
Potatoes	\$4.99	4.54 kg	\$1.10 / kg	Miscellaneous – Weekly allowances			
				Seasonings, coffee, tea, cocoa,	\$1.71	per adult	
				baking powder, etc.	\$0.93	per child	