

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
<b>Child</b>					
6-11 months	735	19	\$ 4.40	\$ 30.80	\$ 133.47
1-3 years	1435	58	\$ 4.79	\$ 33.55	\$ 145.38
<b>Boy/Man</b>					
4-8	1930	84	\$ 6.22	\$ 43.55	\$ 188.72
9-13	2615	112	\$ 7.91	\$ 55.37	\$ 239.94
14-18	3265	135	\$ 9.37	\$ 65.56	\$ 284.09
19-30	2835	123	\$ 8.72	\$ 61.03	\$ 264.46
31-50	2695	114	\$ 8.27	\$ 57.90	\$ 250.90
51-70	2495	110	\$ 8.01	\$ 56.10	\$ 243.10
>70	2345	103	\$ 7.67	\$ 53.67	\$ 232.57
<b>Girl/Woman</b>					
4-8	1805	80	\$ 5.91	\$ 41.38	\$ 179.31
9-13	2285	100	\$ 7.33	\$ 51.30	\$ 222.30
14-18	2335	104	\$ 7.64	\$ 53.48	\$ 231.75
19-30	2300	101	\$ 7.49	\$ 52.46	\$ 227.33
31-50	2200	98	\$ 7.33	\$ 51.31	\$ 222.34
51-70	2030	94	\$ 7.17	\$ 50.17	\$ 217.40
>70	1930	88	\$ 6.85	\$ 47.92	\$ 207.65
<b>Pregnant</b>					
<18	2785	118	\$ 8.83	\$ 61.78	\$ 267.71
19-30	2620	113	\$ 8.56	\$ 59.94	\$ 259.74
31-50	2490	111	\$ 8.46	\$ 59.22	\$ 256.62
<b>Breastfeeding</b>					
<18	2655	113	\$ 8.60	\$ 60.21	\$ 260.91
19-30	2620	113	\$ 8.56	\$ 59.94	\$ 259.74
31-50	2530	112	\$ 8.48	\$ 59.39	\$ 257.36

The minimum adequate cost of a nutritive diet is **\$8.07 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 – September 2016**

<b>FOODS</b>	<b>PRICE</b>	<b>SIZE</b>	<b>CATEGORY REFERENCE PRICE</b>	<b>FOODS</b>	<b>PRICE</b>	<b>SIZE</b>	<b>CATEGORY REFERENCE PRICE</b>
<b>Milk</b>				<b>Other vegetables</b>			<b>\$3.15 / kg</b>
Milk, whole	\$6.58	4 litres	<b>\$1.65 / litre</b>	Carrots	\$2.99	2.27 kg	
Milk, 2%	\$6.33	4 litres	<b>\$1.58 / litre</b>	Onions	\$1.49	908 g	
Milk, 1%	\$6.06	4 litres	<b>\$1.52 / litre</b>	Celery	\$1.49	1 unit	
<b>Meat</b>			<b>\$11.26 / kg</b>	Spinach	\$2.48	170 g	
Medium ground beef	\$14.53	1 kg		Broccoli	\$2.29	1 unit	
Round steak	\$19.78	1 kg		Lettuce. iceberg	\$1.59	1 unit	
Stewing beef	\$17.77	1 kg		Turnip	\$2.18	1 kg	
Pork loin chop	\$10.60	1 kg		Cabbage	\$1.21	1 kg	
Ham, smoked boneless	\$7.69	1 kg		Tomatoes	\$3.28	1 kg	
Chicken thighs with back	\$6.59	1 kg		Tomatoes. canned	\$1.19	796 mL	
Wieners	\$3.49	450 g		Tomato juice	\$0.99	540 mL	
Bologna	\$5.99	500 g		Tomato paste	\$0.69	156 mL	
<b>Liver, pork</b>	\$4.83	1 kg	<b>\$ / kg</b>	Green peas	\$1.49	540 mL	
<b>Fish</b>			<b>\$15.67 / kg</b>	Corn. whole kernel	\$1.49	540 mL	
Sole fillets, frozen	\$15.05	900 g		Frozen <i>macédoine</i>	\$3.99	1 kg	
Tuna , light, flaked	\$1.50	170 g		<b>Bread</b>			<b>\$4.61 / kg</b>
Pink salmon, canned	\$2.59	213 g		Whole wheat bread	\$2.99	675 g	
<b>Egg, grade A, large</b>	\$3.29	1 dozen	<b>\$ / unit</b>	Hamburger or hot dog	\$2.89	12 units	
<b>Cheese</b>			<b>\$13.26 / kg</b>	<b>Breakfast cereals</b>			<b>\$5.13 / kg</b>
Cheese process	\$4.66	500 g		Shredded wheat	\$4.49	550 g	
Cheddar mild	\$4.77	300 g		Bran flakes	\$3.99	450 g	
Mozzarella	\$4.77	300 g		Oats. quick	\$2.89	1 kg	
<b>Peanut butter</b>	\$4.99	500 g	<b>\$9.98 / kg</b>	<b>Other cereal products</b>			<b>\$2.34 / kg</b>
<b>Flax seed</b>	\$4.99	907 g	<b>\$4.99 / kg</b>	Rice. long grain	\$2.49	900 g	
<b>Legumes</b>			<b>\$4.61 / kg</b>	Macaroni / spaghetti	\$2.19	900 g	
Beans in tomato sauce	\$0.99	398 mL		Flour. all purpose	\$4.49	2.5 kg	
Red beans	\$1.19	540 mL		Flour. whole wheat	\$2.40	1 kg	
Chick peas	\$1.19	540 mL		<b>Butter/Margarine</b>			<b>\$7.13 / kg</b>
Lentils	\$0.88	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		<b>Other fats</b>			<b>\$4.56 / kg</b>
Yellow split peas	\$0.90	454 g		Mayonnaise (65% oil)	\$2.99	445 mL	
<b>Citrus</b>			<b>\$2.48 / kg</b>	Vegetable oil (canola)	\$2.99	946 mL	
Oranges	\$3.36	1 kg		<b>Sugar</b>			<b>\$2.18 / kg</b>
Frozen orange juice	\$2.39	341 mL		White sugar	\$3.69	2 kg	
<b>Other fruits</b>			<b>\$3.34 / kg</b>	Brown sugar	\$3.19	1 kg	
Apples	\$2.76	1 kg		<b>Sweets</b>			<b>\$6.03 / kg</b>
Bananas	\$1.96	1 kg		Strawberry jam	\$2.99	500 mL	
Grapes	\$8.80	1 kg		Honey	\$5.99	500 g	
Pears	\$5.49	1 kg		Molasses	\$1.59	300 g	
Cantaloupe	\$1.88	1 kg		<b>Infant food</b>			
Fruit cocktail	\$3.29	796 mL		Formula, powder	\$21.89	730 g	
Raisins	\$2.99	375 g		Cereals	\$ 4.49	227 g	
<b>Potatoes</b>	\$4.99	4.54 kg	<b>\$1.10 / kg</b>	<b>Miscellaneous – Weekly allowances</b>			
				Seasonings, coffee, tea, cocoa,	\$1.69	per adult	
				baking powder, etc.	\$0.91	per child	