

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	\$ 4.45	\$ 31.12	\$ 134.85
1-3 years	1435	58	\$ 4.84	\$ 33.87	\$ 146.77
Boy/Man					
4-8	1930	84	\$ 6.27	\$ 43.89	\$ 190.19
9-13	2615	112	\$ 7.99	\$ 55.92	\$ 242.32
14-18	3265	135	\$ 9.44	\$ 66.08	\$ 286.35
19-30	2835	123	\$ 8.84	\$ 61.89	\$ 268.19
31-50	2695	114	\$ 8.39	\$ 58.72	\$ 254.45
51-70	2495	110	\$ 8.13	\$ 56.90	\$ 246.57
>70	2345	103	\$ 7.80	\$ 54.59	\$ 236.56
Girl/Woman					
4-8	1805	80	\$ 5.98	\$ 41.84	\$ 181.31
9-13	2285	100	\$ 7.46	\$ 52.21	\$ 226.24
14-18	2335	104	\$ 7.78	\$ 54.46	\$ 235.99
19-30	2300	101	\$ 7.62	\$ 53.32	\$ 231.05
31-50	2200	98	\$ 7.45	\$ 52.13	\$ 225.90
51-70	2030	94	\$ 7.29	\$ 51.00	\$ 221.00
>70	1930	88	\$ 6.96	\$ 48.75	\$ 211.25
Pregnant					
<18	2785	118	\$ 8.99	\$ 62.90	\$ 272.57
19-30	2620	113	\$ 8.72	\$ 61.02	\$ 264.42
31-50	2490	111	\$ 8.61	\$ 60.29	\$ 261.26
Breastfeeding					
<18	2655	113	\$ 8.76	\$ 61.30	\$ 265.63
19-30	2620	113	\$ 8.72	\$ 61.02	\$ 264.42
31-50	2530	112	\$ 8.64	\$ 60.48	\$ 262.08

The minimum adequate cost of a nutritive diet is **\$8.18 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 2017

FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE	FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE
Milk				Other vegetables			\$3.75 / 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	\$2.79	1 unit	
Meat			\$11.74 / kg	Spinach	\$2.48	170 g	
Medium ground beef	\$13.65	1 kg		Broccoli	\$2.99	1 unit	
Round steak	\$17.61	1 kg		Lettuce. iceberg	\$2.29	1 unit	
Stewing beef	\$17.80	1 kg		Turnip	\$2.18	1 kg	
Pork loin chop	\$14.09	1 kg		Cabbage	\$2.18	1 kg	
Ham, smoked boneless	\$12.13	1 kg		Tomatoes	\$5.49	1 kg	
Chicken thighs with back	\$6.36	1 kg		Tomatoes. canned	\$1.29	796 mL	
Wieners	\$2.99	450 g		Tomato juice	\$0.99	540 mL	
Bologna	\$7.98	500 g		Tomato paste	\$0.69	156 mL	
Liver, pork	\$4.83	1 kg	\$4.83 / kg	Green peas	\$1.49	540 mL	
Fish			\$13.14 / kg	Corn. whole kernel	\$1.49	540 mL	
Sole fillets, frozen	\$10.91	900 g		Frozen <i>macédoine</i>	\$3.39	1 kg	
Tuna , light, flaked	\$1.49	170 g		Bread			\$4.61 / kg
Pink salmon, canned	\$2.49	213 g		Whole wheat bread	\$2.99	675 g	
Egg, grade A, large	\$3.49	1 dozen	\$0.29 / unit	Hamburger or hot dog	\$2.89	12 units	
Cheese			\$12.37 / kg	Breakfast cereals			\$5.24 / kg
Cheese process	\$4.99	500 g		Shredded wheat	\$4.29	550 g	
Cheddar mild	\$4.19	300 g		Bran flakes	\$3.99	450 g	
Mozzarella	\$4.19	300 g		Oats. quick	\$3.19	1 kg	
Peanut butter	\$2.99	500 g	\$5.98 / kg	Other cereal products			\$2.15 / kg
Flax seed	\$4.20	907 g	\$4.20 / kg	Rice. long grain	\$2.11	900 g	
Legumes			\$4.87 / kg	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	\$1.80	1 kg	
Chick peas	\$1.19	540 mL		Butter/Margarine			\$7.80 / kg
Lentils	\$1.45	400 g		Butter	\$4.79	454 g	
Dried white beans	\$1.65	454 g		Margarine	\$2.29	454 g	
Dried red beans	\$1.66	454 g		Other fats			\$5.23 / kg
Yellow split peas	\$0.90	454 g		Mayonnaise (65% oil)	\$2.79	445 mL	
Citrus			\$2.62 / kg	Vegetable oil (canola)	\$3.99	946 mL	
Oranges	\$3.67	1 kg		Sugar			\$2.18 / kg
Frozen orange juice	\$2.38	341 mL		White sugar	\$3.69	2 kg	
Other fruits			\$3.24 / kg	Brown sugar	\$3.19	1 kg	
Apples	\$2.76	1 kg		Sweets			\$6.03 / kg
Bananas	\$1.74	1 kg		Strawberry jam	\$2.99	500 mL	
Grapes	\$8.80	1 kg		Honey	\$5.99	500 g	
Pears	\$5.05	1 kg		Molasses	\$1.59	300 g	
Cantaloupe	\$2.00	1 kg		Infant food			
Fruit cocktail	\$3.19	796 mL		Formula, powder	\$21.89	730 g	
Raisins	\$3.19	375 g		Cereals	\$ 4.49	227 g	
Potatoes	\$4.99	4.54 kg	\$1.10 / kg	Miscellaneous – Weekly allowances			
				Seasonings, coffee, tea, cocoa,	\$1.83	per adult	
				baking powder, etc.	\$0.97	per child	