

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	\$ 4.59	\$ 32.12	\$ 139.19
1-3 years	1435	58	\$ 5.02	\$ 35.13	\$ 152.23
Boy/Man					
4-8	1930	84	\$ 6.48	\$ 45.35	\$ 196.52
9-13	2615	112	\$ 8.27	\$ 57.91	\$ 250.94
14-18	3265	135	\$ 9.73	\$ 68.11	\$ 295.14
19-30	2835	123	\$ 9.16	\$ 64.10	\$ 277.77
31-50	2695	114	\$ 8.70	\$ 60.92	\$ 263.99
51-70	2495	110	\$ 8.44	\$ 59.10	\$ 256.10
>70	2345	103	\$ 8.11	\$ 56.79	\$ 246.09
Girl/Woman					
4-8	1805	80	\$ 6.19	\$ 43.35	\$ 187.85
9-13	2285	100	\$ 7.75	\$ 54.23	\$ 235.00
14-18	2335	104	\$ 8.06	\$ 56.41	\$ 244.44
19-30	2300	101	\$ 7.94	\$ 55.56	\$ 240.76
31-50	2200	98	\$ 7.77	\$ 54.37	\$ 235.60
51-70	2030	94	\$ 7.60	\$ 53.22	\$ 230.62
>70	1930	88	\$ 7.29	\$ 51.00	\$ 221.00
Pregnant					
<18	2785	118	\$ 9.39	\$ 65.70	\$ 284.70
19-30	2620	113	\$ 9.12	\$ 63.83	\$ 276.60
31-50	2490	111	\$ 9.01	\$ 63.09	\$ 273.39
Breastfeeding					
<18	2655	113	\$ 9.16	\$ 64.10	\$ 277.77
19-30	2620	113	\$ 9.12	\$ 63.83	\$ 276.60
31-50	2530	112	\$ 9.04	\$ 63.28	\$ 274.21

The minimum adequate cost of a nutritive diet is **\$8.49 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 2017

FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE	FOODS	PRICE	SIZE	CATEGORY REFERENCE PRICE
Milk				Other vegetables			\$4.15 / 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	\$1.79	908 g	
Milk, 1%	\$6.06	4 litres	\$1.52 / litre	Celery	\$3.99	1 unit	
Meat			\$11.42 / kg	Spinach	\$2.48	170 g	
Medium ground beef	\$13.21	1 kg		Broccoli	\$3.99	1 unit	
Round steak	\$20.92	1 kg		Lettuce. iceberg	\$2.59	1 unit	
Stewing beef	\$15.41	1 kg		Turnip	\$2.18	1 kg	
Pork loin chop	\$11.66	1 kg		Cabbage	\$2.18	1 kg	
Ham, smoked boneless	\$11.99	1 kg		Tomatoes	\$3.94	1 kg	
Chicken thighs with back	\$6.15	1 kg		Tomatoes. canned	\$1.19	796 mL	
Wieners	\$3.29	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	\$1.39	540 mL	
Fish			\$14.44 / kg	Corn. whole kernel	\$1.39	540 mL	
Sole fillets, frozen	\$11.32	900 g		Frozen <i>macédoine</i>	\$3.99	1 kg	
Tuna , light, flaked	\$1.50	170 g		Bread			\$4.61 / kg
Pink salmon, canned	\$2.99	213 g		Whole wheat bread	\$2.99	675 g	
Egg, grade A, large	\$3.59	1 dozen	\$0.30 / unit	Hamburger or hot dog	\$2.89	12 units	
Cheese			\$12.19 / kg	Breakfast cereals			\$5.24 / kg
Cheese process	\$4.77	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			\$2.31 / kg
Flax seed	\$4.20	907 g	\$4.20 / kg	Rice. long grain	\$2.49	900 g	
Legumes			\$4.88 / kg	Macaroni / spaghetti	\$2.19	900 g	
Beans in tomato sauce	\$0.99	398 mL		Flour. all purpose	\$3.99	2.5 kg	
Red beans	\$1.19	540 mL		Flour. whole wheat	\$2.69	1 kg	
Chick peas	\$1.19	540 mL		Butter/Margarine			\$7.46 / kg
Lentils	\$1.45	400 g		Butter	\$4.49	454 g	
Dried white beans	\$1.65	454 g		Margarine	\$2.29	454 g	
Dried red beans	\$1.65	454 g		Other fats			\$5.07 / kg
Yellow split peas	\$0.90	454 g		Mayonnaise (65% oil)	\$2.79	445 mL	
Citrus			\$3.15 / kg	Vegetable oil (canola)	\$3.79	946 mL	
Oranges	\$4.40	1 kg		Sugar			\$2.22 / kg
Frozen orange juice	\$2.86	341 mL		White sugar	\$3.79	2 kg	
Other fruits			\$3.44 / kg	Brown sugar	\$3.19	1 kg	
Apples	\$3.31	1 kg		Sweets			\$6.03 / kg
Bananas	\$1.74	1 kg		Strawberry jam	\$2.99	500 mL	
Grapes	\$8.78	1 kg		Honey	\$5.99	500 g	
Pears	\$5.04	1 kg		Molasses	\$1.59	300 g	
Cantaloupe	\$2.35	1 kg		Infant food			
Fruit cocktail	\$2.99	796 mL		Formula, powder	\$22.28	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,	\$1.98	per adult	
				baking powder, etc.	\$0.96	per child	