

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	\$ 4.47	\$ 31.31	\$ 135.68
1-3 years	1435	58	\$ 4.75	\$ 33.25	\$ 144.08
<b>Boy/Man</b>					
4-8	1930	84	\$ 6.14	\$ 42.97	\$ 186.20
9-13	2615	112	\$ 7.77	\$ 54.41	\$ 235.78
14-18	3265	135	\$ 9.22	\$ 64.54	\$ 279.67
19-30	2835	123	\$ 8.64	\$ 60.45	\$ 261.95
31-50	2695	114	\$ 8.18	\$ 57.25	\$ 248.08
51-70	2495	110	\$ 7.93	\$ 55.48	\$ 240.41
>70	2345	103	\$ 7.60	\$ 53.18	\$ 230.45
<b>Girl/Woman</b>					
4-8	1805	80	\$ 5.85	\$ 40.93	\$ 177.36
9-13	2285	100	\$ 7.26	\$ 50.83	\$ 220.26
14-18	2335	104	\$ 7.59	\$ 53.14	\$ 230.27
19-30	2300	101	\$ 7.43	\$ 51.99	\$ 225.29
31-50	2200	98	\$ 7.25	\$ 50.78	\$ 220.05
51-70	2030	94	\$ 7.09	\$ 49.64	\$ 215.11
>70	1930	88	\$ 6.77	\$ 47.38	\$ 205.31
<b>Pregnant</b>					
<18	2785	118	\$ 8.78	\$ 61.49	\$ 266.46
19-30	2620	113	\$ 8.52	\$ 59.67	\$ 258.57
31-50	2490	111	\$ 8.42	\$ 58.92	\$ 255.32
<b>Breastfeeding</b>					
<18	2655	113	\$ 8.56	\$ 59.94	\$ 259.74
19-30	2620	113	\$ 8.52	\$ 59.67	\$ 258.57
31-50	2530	112	\$ 8.44	\$ 59.10	\$ 256.10

The minimum adequate cost of a nutritive diet is **\$7.98 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 2017**

<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>\$3.36 / kg</b>
Milk, whole	\$6.58	4 litres	<b>\$1.65 / litre</b>	Carrots	\$3.49	2.27 kg	
Milk, 2%	\$6.33	4 litres	<b>\$1.58 / litre</b>	Onions	\$1.66	908 g	
Milk, 1%	\$6.06	4 litres	<b>\$1.52 / litre</b>	Celery	\$1.29	1 unit	
<b>Meat</b>			<b>\$11.74 / kg</b>	Spinach	\$2.48	170 g	
Medium ground beef	\$13.21	1 kg		Broccoli	\$2.49	1 unit	
Round steak	\$22.02	1 kg		Lettuce. iceberg	\$1.69	1 unit	
Stewing beef	\$15.77	1 kg		Turnip	\$2.84	1 kg	
Pork loin chop	\$12.76	1 kg		Cabbage	\$1.96	1 kg	
Ham, smoked boneless	\$11.99	1 kg		Tomatoes	\$3.95	1 kg	
Chicken thighs with back	\$6.15	1 kg		Tomatoes. canned	\$1.29	796 mL	
Wieners	\$2.99	450 g		Tomato juice	\$0.99	540 mL	
Bologna	\$6.99	500 g		Tomato paste	\$0.79	156 mL	
<b>Liver, pork</b>	\$4.83	1 kg	<b>\$4.83 / kg</b>	Green peas	\$1.39	540 mL	
<b>Fish</b>			<b>\$12.72 / kg</b>	Corn. whole kernel	\$1.39	540 mL	
Sole fillets, frozen	\$10.91	900 g		Frozen <i>macédoine</i>	\$3.99	1 kg	
Tuna , light, flaked	\$1.49	170 g		<b>Bread</b>			<b>\$4.38 / kg</b>
Pink salmon, canned	\$2.29	213 g		Whole wheat bread	\$2.79	675 g	
<b>Egg, grade A, large</b>	\$3.59	1 dozen	<b>\$0.30 / unit</b>	Hamburger or hot dog	\$2.99	12 units	
<b>Cheese</b>			<b>\$12.66 / kg</b>	<b>Breakfast cereals</b>			<b>\$5.24 / kg</b>
Cheese process	\$4.77	500 g		Shredded wheat	\$4.29	550 g	
Cheddar mild	\$4.66	300 g		Bran flakes	\$3.99	450 g	
Mozzarella	\$4.19	300 g		Oats. quick	\$3.19	1 kg	
<b>Peanut butter</b>	\$2.66	500 g	<b>\$5.32 / kg</b>	<b>Other cereal products</b>			<b>\$2.23 / kg</b>
<b>Flax seed</b>	\$4.20	907 g	<b>\$4.20 / kg</b>	Rice. long grain	\$2.49	900 g	
<b>Legumes</b>			<b>\$4.80 / kg</b>	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	\$1.92	1 kg	
Chick peas	\$1.19	540 mL		<b>Butter/Margarine</b>			<b>\$7.46 / kg</b>
Lentils	\$1.45	400 g		Butter	\$4.49	454 g	
Dried white beans	\$1.40	454 g		Margarine	\$2.29	454 g	
Dried red beans	\$1.65	454 g		<b>Other fats</b>			<b>\$5.07 / kg</b>
Yellow split peas	\$0.90	454 g		Mayonnaise (65% oil)	\$2.79	445 mL	
<b>Citrus</b>			<b>\$2.63 / kg</b>	Vegetable oil (canola)	\$3.79	946 mL	
Oranges	\$3.36	1 kg		<b>Sugar</b>			<b>\$2.06 / kg</b>
Frozen orange juice	\$2.86	341 mL		White sugar	\$3.49	2 kg	
<b>Other fruits</b>			<b>\$3.18 / kg</b>	Brown sugar	\$2.99	1 kg	
Apples	\$2.76	1 kg		<b>Sweets</b>			<b>\$6.26 / kg</b>
Bananas	\$1.74	1 kg		Strawberry jam	\$3.19	500 mL	
Grapes	\$7.69	1 kg		Honey	\$5.99	500 g	
Pears	\$5.49	1 kg		Molasses	\$1.68	300 g	
Cantaloupe	\$1.50	1 kg		<b>Infant food</b>			
Fruit cocktail	\$2.99	796 mL		Formula, powder	\$22.28	730 g	
Raisins	\$3.19	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,	\$1.84	per adult	
				baking powder, etc.	\$1.00	per child	