

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 (g)	DAILY COST (\$)	WEEKLY COST (\$)	MONTHLY COST (\$)
Child					
6-11 months	735	19	4.54	31.79	137.76
1-3 years	1435	58	4.98	34.85	151.02
Boy/Man					
4-8	1930	84	6.45	45.12	195.52
9-13	2615	112	8.21	57.48	249.08
14-18	3265	135	9.68	67.76	293.63
19-30	2835	123	9.14	63.97	277.20
31-50	2695	114	8.67	60.72	263.12
51-70	2495	110	8.42	58.94	255.41
>70	2345	103	8.07	56.49	244.79
Girl/Woman					
4-8	1805	80	6.15	43.05	186.55
9-13	2285	100	7.69	53.81	233.18
14-18	2335	104	8.02	56.13	243.23
19-30	2300	101	7.92	55.46	240.33
31-50	2200	98	7.76	54.29	235.26
51-70	2030	94	7.58	53.05	229.88
>70	1930	88	7.25	50.76	219.96
Pregnant					
<18	2785	118	9.31	65.15	282.32
19-30	2620	113	9.06	63.39	274.69
31-50	2490	111	8.95	62.67	271.57
Breastfeeding					
<18	2655	113	9.09	63.66	275.86
19-30	2620	113	9.06	63.39	274.69
31-50	2530	112	8.97	62.82	272.22

The minimum adequate cost of a nutritive diet is **\$8.34 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 2018

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
Milk				Other vegetables			4.00 / kg
Milk, whole	6.65	4 litres	1.66 / litre	Carrots	4.98	2.27 kg	
Milk, 2%	6.39	4 litres	1.60 / litre	Onions	1.79	908 g	
Milk, 1%	6.12	4 litres	1.53 / litre	Celery	2.99	1 unit	
Meat			11.39 / kg	Spinach	2.48	170 g	
Medium ground beef	13.65	1 kg		Broccoli	2.99	1 unit	
Round steak	19.82	1 kg		Lettuce. iceberg	2.99	1 unit	
Stewing beef	16.51	1 kg		Turnip	2.84	1 kg	
Pork loin chop	11.77	1 kg		Cabbage	2.84	1 kg	
Ham, smoked boneless	10.99	1 kg		Tomatoes	4.39	1 kg	
Chicken thighs with back	6.15	1 kg		Tomatoes. canned	1.29	796 mL	
Wieners	2.79	450 g		Tomato juice	0.99	540 mL	
Bologna	7.49	500 g		Tomato paste	0.69	156 mL	
Liver, pork	4.94	1 kg	4.94 / kg	Green peas	1.49	540 mL	
Fish			14.19 / kg	Corn. whole kernel	1.49	540 mL	
Sole fillets, frozen	10.91	900 g		Frozen <i>macédoine</i>	3.99	1 kg	
Tuna , light, flaked	1.49	170 g		Bread			4.10 / kg
Pink salmon, canned	2.99	213 g		Whole wheat bread	2.59	675 g	
Egg, grade A, large	3.59	1 dozen	0.30 / unit	Hamburger or hot dog	2.89	12 units	
Cheese			13.57 / kg	Breakfast cereals			5.24 / kg
Cheese process	4.77	500 g		Shredded wheat	4.29	550 g	
Cheddar mild	4.88	300 g		Bran flakes	3.99	450 g	
Mozzarella	4.88	300 g		Oats. quick	3.19	1 kg	
Peanut butter	3.29	500 g	6.58 / kg	Other cereal products			2.60 / kg
Flax seed	4.42	1 kg	4.42 / kg	Rice. long grain	3.49	900 g	
Legumes			4.83 / kg	Macaroni / spaghetti	1.99	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	2.69	1 kg	
Chick peas	1.19	540 mL		Butter/Margarine			7.46 / kg
Lentils	1.33	400 g		Butter	4.49	454 g	
Dried white beans	1.59	454 g		Margarine	2.29	454 g	
Dried red beans	1.65	454 g		Other fats			4.23 / kg
Yellow split peas	0.90	454 g		Mayonnaise (65% oil)	1.63	445 mL	
Citrus			3.00 / kg	Vegetable oil (canola)	3.79	946 mL	
Oranges	4.40	1 kg		Sugar			1.82 / kg
Frozen orange juice	2.39	341 mL		White sugar	2.99	2 kg	
Other fruits			3.35 / kg	Brown sugar	2.79	1 kg	
Apples	3.08	1 kg		Sweets			6.01 / kg
Bananas	1.74	1 kg		Strawberry jam	2.99	500 mL	
Grapes	8.80	1 kg		Honey	5.88	500 g	
Pears	4.39	1 kg		Molasses	1.68	300 g	
Cantaloupe	3.49	1 kg					
Fruit cocktail	2.99	796 mL					
Raisins	3.19	375 g					
Potatoes	5.99	4.54 kg	1.32 / kg				

Miscellaneous (seasonings, tea, coffee, etc.)
 Weekly allowances : \$2.24 per adult
 \$1.07 per child

Infant food
 Formula (powder): \$21.89 / 730 g
 Cereals: \$4.49 / 227 g