

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 (\$)
<b>Child</b>					
6-11 months	735	19	4.71	32.99	142.96
1-3 years	1435	58	5.04	35.30	152.97
<b>Boy/Man</b>					
4-8	1930	84	6.51	45.56	197.43
9-13	2615	112	8.27	57.92	250.99
14-18	3265	135	9.76	68.29	295.92
19-30	2835	123	9.16	64.10	277.77
31-50	2695	114	8.69	60.85	263.68
51-70	2495	110	8.41	58.86	255.06
>70	2345	103	8.07	56.46	244.66
<b>Girl/Woman</b>					
4-8	1805	80	6.22	43.52	188.59
9-13	2285	100	7.72	54.06	234.26
14-18	2335	104	8.05	56.32	244.05
19-30	2300	101	7.90	55.31	239.68
31-50	2200	98	7.73	54.11	234.48
51-70	2030	94	7.55	52.82	228.89
>70	1930	88	7.22	50.55	219.05
<b>Pregnant</b>					
<18	2785	118	9.36	65.49	283.79
19-30	2620	113	9.08	63.59	275.56
31-50	2490	111	8.97	62.82	272.22
<b>Breastfeeding</b>					
<18	2655	113	9.13	63.88	276.81
19-30	2620	113	9.08	63.59	275.56
31-50	2530	112	9.00	63.03	273.13

The minimum adequate cost of a nutritive diet is **\$8.48 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 2018

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE
			PRICE (\$)				PRICE (\$)
<b>Milk</b>				<b>Other vegetables</b>			<b>3.71 / kg</b>
Milk, whole	6.86	4 litres	<b>1.72 / litre</b>	Carrots	4.99	2.27 kg	
Milk, 2%	6.58	4 litres	<b>1.65 / litre</b>	Onions	1.79	908 g	
Milk, 1%	6.29	4 litres	<b>1.57 / litre</b>	Celery	1.49	1 unit	
<b>Meat</b>			<b>11.60 / kg</b>	Spinach	2.48	170 g	
Medium ground beef	13.65	1 kg		Broccoli	2.99	1 unit	
Round steak	20.92	1 kg		Lettuce. iceberg	1.79	1 unit	
Stewing beef	16.51	1 kg		Turnip	2.84	1 kg	
Pork loin chop	12.76	1 kg		Cabbage	3.06	1 kg	
Ham, smoked boneless	11.99	1 kg		Tomatoes	3.73	1 kg	
Chicken thighs with back	5.92	1 kg		Tomatoes. canned	1.29	796 mL	
Wieners	3.99	450 g		Tomato juice	0.99	540 mL	
Bologna	3.92	500 g		Tomato paste	0.69	156 mL	
<b>Liver, pork</b>	4.94	1 kg	<b>4.94 / kg</b>	Green peas	1.49	540 mL	
<b>Fish</b>			<b>13.90 / kg</b>	Corn. whole kernel	1.49	540 mL	
Sole fillets, frozen	12.27	900 g		Frozen <i>macédoine</i>	3.99	1 kg	
Tuna , light, flaked	1.49	170 g		<b>Bread</b>			<b>4.52 / kg</b>
Pink salmon, canned	2.49	213 g		Whole wheat bread	2.99	675 g	
<b>Egg, grade A, large</b>	3.59	1 dozen	<b>0.30 / unit</b>	Hamburger or hot dog	2.59	12 units	
<b>Cheese</b>			<b>12.19 / kg</b>	<b>Breakfast cereals</b>			<b>5.47 / kg</b>
Cheese process	4.77	500 g		Shredded wheat	4.29	550 g	
Cheddar mild	4.19	300 g		Bran flakes	3.69	450 g	
Mozzarella	4.19	300 g		Oats. quick	3.79	1 kg	
<b>Peanut butter</b>	3.29	500 g	<b>6.58 / kg</b>	<b>Other cereal products</b>			<b>2.45 / kg</b>
<b>Flax seed</b>	4.09	1 kg	<b>4.09 / kg</b>	Rice. long grain	3.49	900 g	
<b>Legumes</b>			<b>4.83 / kg</b>	Macaroni / spaghetti	1.79	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	1.80	1 kg	
Chick peas	1.19	540 mL		<b>Butter/Margarine</b>			<b>8.01 / kg</b>
Lentils	1.45	400 g		Butter	4.49	454 g	
Dried white beans	1.51	454 g		Margarine	2.79	454 g	
Dried red beans	1.51	454 g		<b>Other fats</b>			<b>5.93 / kg</b>
Yellow split peas	1.00	454 g		Mayonnaise (65% oil)	3.99	445 mL	
<b>Citrus</b>			<b>3.08 / kg</b>	Vegetable oil (canola)	3.79	946 mL	
Oranges	4.40	1 kg		<b>Sugar</b>			<b>1.82 / kg</b>
Frozen orange juice	2.63	341 mL		White sugar	2.99	2 kg	
<b>Other fruits</b>			<b>3.38 / kg</b>	Brown sugar	2.79	1 kg	
Apples	3.31	1 kg		<b>Sweets</b>			<b>6.03 / kg</b>
Bananas	1.74	1 kg		Strawberry jam	2.99	500 mL	
Grapes	6.59	1 kg		Honey	5.88	500 g	
Pears	5.49	1 kg		Molasses	1.73	300 g	
Cantaloupe	2.49	1 kg					
Fruit cocktail	2.99	796 mL					
Raisins	3.25	375 g					
<b>Potatoes</b>	5.99	4.54 kg	<b>1.32 / kg</b>				

**Miscellaneous (seasonings, tea, coffee, etc.)**  
 Weekly allowances : \$2.14 per adult  
 \$1.12 per child

**Infant food**  
 Formula (powder): \$23.37 / 730 g  
 Cereals: \$4.49 / 227 g