

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	4.90	34.28	148.55
1-3 years	1435	58	5.11	35.75	154.92
Boy/Man					
4-8	1930	84	6.63	46.43	201.20
9-13	2615	112	8.52	59.61	258.31
14-18	3265	135	10.00	70.01	303.38
19-30	2835	123	9.40	65.77	285.00
31-50	2695	114	8.92	62.44	270.57
51-70	2495	110	8.66	60.59	262.56
>70	2345	103	8.30	58.11	251.81
Girl/Woman					
4-8	1805	80	6.34	44.35	192.18
9-13	2285	100	7.99	55.93	242.36
14-18	2335	104	8.32	58.23	252.33
19-30	2300	101	8.16	57.13	247.56
31-50	2200	98	7.99	55.94	242.41
51-70	2030	94	7.81	54.67	236.90
>70	1930	88	7.48	52.35	226.85
Pregnant					
<18	2785	118	9.54	66.78	289.38
19-30	2620	113	9.29	65.00	281.67
31-50	2490	111	9.18	64.26	278.46
Breastfeeding					
<18	2655	113	9.32	65.27	282.84
19-30	2620	113	9.29	65.00	281.67
31-50	2530	112	9.20	64.42	279.15

The minimum adequate cost of a nutritive diet is **\$8.73 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 2019

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
Milk				Other vegetables			4.69 / kg
Milk, whole	6.86	4 litres	1.72 / litre	Carrots	4.99	2.27 kg	
Milk, 2%	6.58	4 litres	1.65 / litre	Onions	1.99	908 g	
Milk, 1%	6.29	4 litres	1.57 / litre	Celery	3.99	1 unit	
Meat			11.36 / kg	Spinach	2.97	170 g	
Medium ground beef	13.65	1 kg		Broccoli	3.99	1 unit	
Round steak	22.02	1 kg		Lettuce. iceberg	3.99	1 unit	
Stewing beef	16.51	1 kg		Turnip	2.62	1 kg	
Pork loin chop	12.76	1 kg		Cabbage	2.84	1 kg	
Ham, smoked boneless	6.59	1 kg		Tomatoes	7.69	1 kg	
Chicken thighs with back	6.37	1 kg		Tomatoes. canned	1.33	796 mL	
Wieners	3.49	450 g		Tomato juice	0.99	540 mL	
Bologna	4.66	500 g		Tomato paste	0.75	156 mL	
Liver, pork	4.94	1 kg	4.94 / kg	Green peas	1.49	540 mL	
Fish			14.02 / 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	1.69	170 g		Bread			4.26 / kg
Pink salmon, canned	2.79	213 g		Whole wheat bread	2.69	675 g	
Egg, grade A, large	3.59	1 dozen	0.30 / unit	Hamburger or hot dog	2.99	12 units	
Cheese			14.29 / kg	Breakfast cereals			5.24 / kg
Cheese process	4.77	500 g		Shredded wheat	4.29	550 g	
Cheddar mild	5.24	300 g		Bran flakes	3.99	450 g	
Mozzarella	5.24	300 g		Oats. quick	3.19	1 kg	
Peanut butter	3.29	500 g	6.58 / kg	Other cereal products			2.54 / kg
Flax seed	4.42	1 kg	4.42 / kg	Rice. long grain	3.49	900 g	
Legumes			4.83 / kg	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	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	1.51	454 g		Margarine	2.29	454 g	
Dried red beans	1.65	454 g		Other fats			4.27 / kg
Yellow split peas	1.00	454 g		Mayonnaise (65% oil)	1.69	445 mL	
Citrus			2.71 / kg	Vegetable oil (canola)	3.79	946 mL	
Oranges	3.67	1 kg		Sugar			1.82 / kg
Frozen orange juice	2.63	341 mL		White sugar	2.99	2 kg	
Other fruits			3.53 / kg	Brown sugar	2.79	1 kg	
Apples	3.50	1 kg		Sweets			6.29 / kg
Bananas	1.74	1 kg		Strawberry jam	3.19	500 mL	
Grapes	8.80	1 kg		Honey	5.99	500 g	
Pears	5.05	1 kg		Molasses	1.77	300 g	
Cantaloupe	2.75	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 : \$1.82 per adult
 \$0.94 per child

Infant food
 Formula (powder): \$24.47 / 730 g
 Cereals: \$ / 227 g