

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	5.03	35.20	152.53
1-3 years	1435	58	5.25	36.75	159.25
Boy/Man					
4-8	1930	84	6.85	47.96	207.83
9-13	2615	112	8.81	61.66	267.19
14-18	3265	135	10.37	72.57	314.47
19-30	2835	123	9.75	68.23	295.66
31-50	2695	114	9.28	64.96	281.49
51-70	2495	110	8.99	62.95	272.78
>70	2345	103	8.64	60.48	262.08
Girl/Woman					
4-8	1805	80	6.56	45.91	198.94
9-13	2285	100	8.26	57.79	250.42
14-18	2335	104	8.58	60.04	260.17
19-30	2300	101	8.47	59.29	256.92
31-50	2200	98	8.30	58.09	251.72
51-70	2030	94	8.12	56.81	246.18
>70	1930	88	7.79	54.50	236.17
Pregnant					
<18	2785	118	9.87	69.11	299.48
19-30	2620	113	9.60	67.22	291.29
31-50	2490	111	9.50	66.48	288.08
Breastfeeding					
<18	2655	113	9.65	67.52	292.59
19-30	2620	113	9.60	67.22	291.29
31-50	2530	112	9.52	66.63	288.73

The minimum adequate cost of a nutritive diet is **\$9.05 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 2019

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
Milk				Other vegetables			4.52 / kg
Milk, whole	6.86	4 litres	1.72 / litre	Carrots	4.49	2.27 kg	
Milk, 2%	6.58	4 litres	1.65 / litre	Onions	2.49	908 g	
Milk, 1%	6.29	4 litres	1.57 / litre	Celery	4.99	1 unit	
Meat			11.76 / kg	Spinach	2.97	170 g	
Medium ground beef	13.21	1 kg		Broccoli	3.79	1 unit	
Round steak	22.02	1 kg		Lettuce. iceberg	2.99	1 unit	
Stewing beef	17.61	1 kg		Turnip	2.84	1 kg	
Pork loin chop	12.76	1 kg		Cabbage	3.50	1 kg	
Ham, smoked boneless	9.99	1 kg		Tomatoes	4.39	1 kg	
Chicken thighs with back	6.37	1 kg		Tomatoes. canned	1.33	796 mL	
Wieners	2.79	450 g		Tomato juice	0.99	540 mL	
Bologna	7.49	500 g		Tomato paste	0.75	156 mL	
Liver, pork	5.49	1 kg	5.49 / kg	Green peas	1.49	540 mL	
Fish			20.41 / kg	Corn. whole kernel	1.49	540 mL	
Sole fillets, frozen	14.87	900 g		Frozen <i>macédoine</i>	3.39	1 kg	
Tuna , light, flaked	1.69	170 g		Bread			4.61 / kg
Pink salmon, canned	4.79	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			11.93 / kg	Breakfast cereals			5.24 / kg
Cheese process	4.43	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	3.29	500 g	6.58 / kg	Other cereal products			2.53 / kg
Flax seed	3.74	1 kg	3.74 / kg	Rice. long grain	3.73	900 g	
Legumes			4.96 / 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	1.29	540 mL		Flour. whole wheat	1.80	1 kg	
Chick peas	1.29	540 mL		Butter/Margarine			8.01 / kg
Lentils	1.33	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		Other fats			4.40 / kg
Yellow split peas	1.00	454 g		Mayonnaise (65% oil)	1.86	445 mL	
Citrus			2.71 / kg	Vegetable oil (canola)	3.79	946 mL	
Oranges	3.67	1 kg		Sugar			2.06 / kg
Frozen orange juice	2.63	341 mL		White sugar	3.49	2 kg	
Other fruits			3.49 / kg	Brown sugar	2.99	1 kg	
Apples	3.31	1 kg		Sweets			6.40 / kg
Bananas	1.74	1 kg		Strawberry jam	3.49	500 mL	
Grapes	8.80	1 kg		Honey	5.49	500 g	
Pears	4.82	1 kg		Molasses	1.77	300 g	
Cantaloupe	3.84	1 kg					
Fruit cocktail	2.99	796 mL					
Raisins	3.19	375 g					
Potatoes	6.99	4.54 kg	1.54 / kg				

Miscellaneous (seasonings, tea, coffee, etc.)
 Weekly allowances : \$1.93 per adult
 \$ 1.06per child

Infant food
 Formula (powder): \$25.33 / 730 g
 Cereals: \$4.49 / 227 g