

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	4.85	33.97	147.20
1-3 years	1435	58	5.09	35.62	154.35
<b>Boy/Man</b>					
4-8	1930	84	6.63	46.42	201.15
9-13	2615	112	8.49	59.40	257.40
14-18	3265	135	10.03	70.18	304.11
19-30	2835	123	9.39	65.75	284.92
31-50	2695	114	8.92	62.41	270.44
51-70	2495	110	8.62	60.34	261.47
>70	2345	103	8.27	57.87	250.77
<b>Girl/Woman</b>					
4-8	1805	80	6.34	44.36	192.23
9-13	2285	100	7.93	55.51	240.54
14-18	2335	104	8.24	57.70	250.03
19-30	2300	101	8.10	56.73	245.83
31-50	2200	98	7.93	55.53	240.63
51-70	2030	94	7.76	54.29	235.26
>70	1930	88	7.43	52.02	225.42
<b>Pregnant</b>					
<18	2785	118	9.57	66.97	290.20
19-30	2620	113	9.30	65.07	281.97
31-50	2490	111	9.19	64.30	278.63
<b>Breastfeeding</b>					
<18	2655	113	9.34	65.37	283.27
19-30	2620	113	9.30	65.07	281.97
31-50	2530	112	9.22	64.52	279.59

The minimum adequate cost of a nutritive diet is **\$8.70 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 2019

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
<b>Milk</b>				<b>Other vegetables</b>			<b>3.92 / 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	1.99	908 g	
Milk, 1%	6.29	4 litres	<b>1.57 / litre</b>	Celery	1.79	1 unit	
				Spinach	2.97	170 g	
<b>Meat</b>			<b>11.49 / kg</b>	Broccoli	2.99	1 unit	
Medium ground beef	13.65	1 kg		Lettuce. iceberg	1.99	1 unit	
Round steak	22.02	1 kg		Turnip	4.39	1 kg	
Stewing beef	16.51	1 kg		Cabbage	2.69	1 kg	
Pork loin chop	11.00	1 kg		Tomatoes	2.84	1 kg	
Ham, smoked boneless	11.65	1 kg		Tomatoes. canned	1.33	796 mL	
Chicken thighs with back	5.93	1 kg		Tomato juice	1.19	540 mL	
Wieners	3.49	450 g		Tomato paste	0.75	156 mL	
Bologna	5.18	500 g		Green peas	1.66	540 mL	
				Corn. whole kernel	1.66	540 mL	
<b>Liver, pork</b>	5.49	1 kg	<b>5.49 / kg</b>	Frozen <i>macédoine</i>	3.39	1 kg	
<b>Fish</b>			<b>17.43 / kg</b>	<b>Bread</b>			<b>4.61 / kg</b>
Sole fillets, frozen	14.87	900 g		Whole wheat bread	2.99	675 g	
Tuna , light, flaked	1.49	170 g		Hamburger or hot dog	2.89	12 units	
Pink salmon, canned	3.49	213 g					
				<b>Breakfast cereals</b>			<b>5.24 / kg</b>
<b>Egg, grade A, large</b>	3.69	1 dozen	<b>0.31 / unit</b>	Shredded wheat	4.29	550 g	
				Bran flakes	3.99	450 g	
<b>Cheese</b>			<b>12.97 / kg</b>	Oats. quick	3.19	1 kg	
Cheese process	4.99	500 g					
Cheddar mild	4.49	300 g		<b>Other cereal products</b>			<b>2.28 / kg</b>
Mozzarella	4.49	300 g		Rice. long grain	2.99	900 g	
				Macaroni / spaghetti	1.79	900 g	
<b>Peanut butter</b>	3.29	500 g	<b>6.58 / kg</b>	Flour. all purpose	4.29	2.5 kg	
				Flour. whole wheat	1.72	1 kg	
<b>Flax seed</b>	4.42	1 kg	<b>4.42 / kg</b>				
				<b>Butter/Margarine</b>			<b>8.24 / kg</b>
<b>Legumes</b>			<b>5.36 / kg</b>	Butter	4.69	454 g	
Beans in tomato sauce	1.29	398 mL		Margarine	2.79	454 g	
Red beans	1.29	540 mL					
Chick peas	1.29	540 mL		<b>Other fats</b>			<b>5.97 / kg</b>
Lentils	1.33	400 g		Mayonnaise (65% oil)	3.93	445 mL	
Dried white beans	1.31	454 g		Vegetable oil (canola)	3.89	946 mL	
Dried red beans	1.51	454 g					
Yellow split peas	1.15	454 g		<b>Sugar</b>			<b>1.42 / kg</b>
				White sugar	1.79	2 kg	
<b>Citrus</b>			<b>3.04 / kg</b>	Brown sugar	2.99	1 kg	
Oranges	4.40	1 kg					
Frozen orange juice	2.53	341 mL		<b>Sweets</b>			<b>6.54 / kg</b>
				Strawberry jam	3.49	500 mL	
<b>Other fruits</b>			<b>2.97 / kg</b>	Honey	5.49	500 g	
Apples	2.76	1 kg		Molasses	2.19	300 g	
Bananas	1.74	1 kg					
Grapes	7.69	1 kg					
Pears	3.33	1 kg					
Cantaloupe	1.59	1 kg					
Fruit cocktail	2.99	796 mL					
Raisins	3.19	375 g					
<b>Potatoes</b>	6.99	4.54 kg	<b>1.54 / kg</b>				

**Miscellaneous (seasonings, tea, coffee, etc.)**  
 Weekly allowances : \$1.91 per adult  
 \$1.04 per child

**Infant food**  
 Formula (powder): \$24.47 / 730 g  
 Cereals: \$4.49 / 227 g