

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	4.93	34.50	149.50
1-3 years	1435	58	5.26	36.79	159.42
Boy/Man					
4-8	1930	84	6.85	47.97	207.87
9-13	2615	112	8.85	61.94	268.41
14-18	3265	135	10.37	72.59	314.56
19-30	2835	123	9.75	68.23	295.66
31-50	2695	114	9.27	64.90	281.23
51-70	2495	110	8.99	62.95	272.78
>70	2345	103	8.64	60.46	261.99
Girl/Woman					
4-8	1805	80	6.56	45.89	198.86
9-13	2285	100	8.28	57.98	251.25
14-18	2335	104	8.60	60.19	260.82
19-30	2300	101	8.48	59.34	257.14
31-50	2200	98	8.30	58.13	251.90
51-70	2030	94	8.12	56.85	246.35
>70	1930	88	7.79	54.56	236.43
Pregnant					
<18	2785	118	9.89	69.25	300.08
19-30	2620	113	9.62	67.37	291.94
31-50	2490	111	9.52	66.64	288.77
Breastfeeding					
<18	2655	113	9.66	67.64	293.11
19-30	2620	113	9.62	67.37	291.94
31-50	2530	112	9.54	66.80	289.47

The minimum adequate cost of a nutritive diet is **\$9.06 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 2020

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
Milk				Other vegetables			4.88 / 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	3.29	1 unit	
Meat			11.61 / kg	Spinach	2.99	170 g	
Medium ground beef	13.21	1 kg		Broccoli	3.99	1 unit	
Round steak	20.92	1 kg		Lettuce. iceberg	3.69	1 unit	
Stewing beef	17.61	1 kg		Turnip	3.28	1 kg	
Pork loin chop	12.99	1 kg		Cabbage	2.84	1 kg	
Ham, smoked boneless	11.00	1 kg		Tomatoes	8.80	1 kg	
Chicken thighs with back	5.93	1 kg		Tomatoes. canned	1.50	796 mL	
Wieners	3.99	450 g		Tomato juice	1.19	540 mL	
Bologna	5.92	500 g		Tomato paste	0.75	156 mL	
Liver, pork	4.94	1 kg	4.94 / kg	Green peas	1.67	540 mL	
Fish			17.62 / kg	Corn. whole kernel	1.67	540 mL	
Sole fillets, frozen	15.18	900 g		Frozen <i>macédoine</i>	5.05	1 kg	
Tuna , light, flaked	1.50	170 g		Bread			4.64 / kg
Pink salmon, canned	3.49	213 g		Whole wheat bread	2.99	675 g	
Egg, grade A, large	3.69	1 dozen	0.31 / unit	Hamburger or hot dog	2.99	12 units	
Cheese			12.37 / kg	Breakfast cereals			5.30 / kg
Cheese process	4.99	500 g		Shredded wheat	4.79	550 g	
Cheddar mild	4.19	300 g		Bran flakes	3.99	450 g	
Mozzarella	4.19	300 g		Oats. quick	2.99	1 kg	
Peanut butter	3.99	500 g	7.99 / kg	Other cereal products			2.45 / kg
Flax seed	4.42	1 kg	4.42 / kg	Rice. long grain	3.49	900 g	
Legumes			5.55 / kg	Macaroni / spaghetti	1.79	900 g	
Beans in tomato sauce	1.29	398 mL		Flour. all purpose	4.29	2.5 kg	
Red beans	1.29	540 mL		Flour. whole wheat	1.84	1 kg	
Chick peas	1.29	540 mL		Butter/Margarine			7.46 / kg
Lentils	1.46	400 g		Butter	4.49	454 g	
Dried white beans	1.51	454 g		Margarine	2.29	454 g	
Dried red beans	1.66	454 g		Other fats			4.50 / kg
Yellow split peas	1.35	454 g		Mayonnaise (65% oil)	1.90	445 mL	
Citrus			2.77 / kg	Vegetable oil (canola)	3.89	946 mL	
Oranges	3.86	1 kg		Sugar			1.42 / kg
Frozen orange juice	2.53	341 mL		White sugar	1.79	2 kg	
Other fruits			3.50 / kg	Brown sugar	2.99	1 kg	
Apples	3.50	1 kg		Sweets			6.54 / kg
Bananas	1.74	1 kg		Strawberry jam	3.29	500 mL	
Grapes	8.80	1 kg		Honey	5.99	500 g	
Pears	4.83	1 kg		Molasses	2.19	300 g	
Cantaloupe	2.22	1 kg					
Fruit cocktail	3.49	796 mL					
Raisins	3.19	375 g					
Potatoes	5.99	4.54 kg	1.32 / kg				

Miscellaneous (seasonings, tea, coffee, etc.)
 Weekly allowances : \$1.90 per adult
 \$1.01 per child

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