

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	6,67	46,68	202,28
1-3 years	1435	58	5,28	36,93	160,03
Boy/Man					
4-8	1930	84	6,88	48,18	208,78
9-13	2615	112	8,86	62,03	268,80
14-18	3265	135	10,40	72,78	315,38
19-30	2835	123	9,78	68,49	296,79
31-50	2695	114	9,31	65,19	282,49
51-70	2495	110	9,05	63,32	274,39
>70	2345	103	8,69	60,86	263,73
Girl/Woman					
4-8	1805	80	6,59	46,13	199,90
9-13	2285	100	8,32	58,25	252,42
14-18	2335	104	8,64	60,48	262,08
19-30	2300	101	8,52	59,64	258,44
31-50	2200	98	8,36	58,49	253,46
51-70	2030	94	8,18	57,27	248,17
>70	1930	88	7,83	54,78	237,38
Pregnant					
<18	2785	118	9,98	69,86	302,73
19-30	2620	113	9,71	67,99	294,62
31-50	2490	111	9,61	67,27	291,50
Breastfeeding					
<18	2655	113	9,75	68,27	295,84
19-30	2620	113	9,71	67,99	294,62
31-50	2530	112	9,63	67,42	292,15

The minimum adequate cost of a nutritive diet is **\$9.10 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 2020

FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)	FOODS	PRICE (\$)	SIZE	CATEGORY REFERENCE PRICE (\$)
Milk				Other vegetables			4,65 / kg
Milk, whole		4 litres	1,74 / litre	Carrots		2.27 kg	
Milk, 2%		4 litres	1,67 / litre	Onions		908 g	
Milk, 1%		4 litres	1,60 / litre	Celery		1 unit	
Meat			11,77 / kg	Spinach		170 g	
Medium ground beef		1 kg		Broccoli		1 unit	
Round steak		1 kg		Lettuce. iceberg		1 unit	
Stewing beef		1 kg		Turnip		1 kg	
Pork loin chop		1 kg		Cabbage		1 kg	
Ham, smoked boneless		1 kg		Tomatoes		1 kg	
Chicken thighs with back		1 kg		Tomatoes. canned		796 mL	
Wieners		450 g		Tomato juice		540 mL	
Bologna		500 g		Tomato paste		156 mL	
Liver, pork		1 kg	9,88 / kg	Green peas		540 mL	
Fish			18,80 / kg	Corn. whole kernel		540 mL	
Sole fillets, frozen		900 g		Frozen <i>macédoine</i>		1 kg	
Tuna , light, flaked		170 g		Bread			4,64 / kg
Pink salmon, canned		213 g		Whole wheat bread		675 g	
Egg, grade A, large		1 dozen	0,29 / unit	Hamburger or hot dog		12 units	
Cheese			12,97 / kg	Breakfast cereals			5,17 / kg
Cheese process		500 g		Shredded wheat		550 g	
Cheddar mild		300 g		Bran flakes		450 g	
Mozzarella		300 g		Oats. quick		1 kg	
Peanut butter		500 g	6,58 / kg	Other cereal products			2,59 / kg
Flax seed		1 kg	4,42 / kg	Rice. long grain		900 g	
Legumes			5,60 / kg	Macaroni / spaghetti		900 g	
Beans in tomato sauce		398 mL		Flour. all purpose		2.5 kg	
Red beans		540 mL		Flour. whole wheat		1 kg	
Chick peas		540 mL		Butter/Margarine			7,85 / kg
Lentils		400 g		Butter		454 g	
Dried white beans		454 g		Margarine		454 g	
Dried red beans		454 g		Other fats			4,08 / kg
Yellow split peas		454 g		Mayonnaise (65% oil)		445 mL	
Citrus			3,08 / kg	Vegetable oil (canola)		946 mL	
Oranges		1 kg		Sugar			1,42 / kg
Frozen orange juice		341 mL		White sugar		2 kg	
Other fruits			3,41 / kg	Brown sugar		1 kg	
Apples		1 kg		Sweets			6,40 / kg
Bananas		1 kg		Strawberry jam		500 mL	
Grapes		1 kg		Honey		500 g	
Pears		1 kg		Molasses		300 g	
Cantaloupe		1 kg					
Fruit cocktail		796 mL					
Raisins		375 g					
Potatoes		4.54 kg	1,32 / kg				

Miscellaneous (seasonings, tea, coffee, etc.)

Weekly allowances : 1,70 \$ per adult
0,84 \$ per child

Infant food

Formula (powder): 38,48 \$ / 730 g
Cereals: 4,49 \$ / 227 g