Edmonton Nutritious Food Basket Prices

An Overview of 2014-2015

Alberta Government

Edmonton Nutritious Food Basket Prices - An Overview of 2014 and 2015

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INTRODUCTION & METHODOLOGY

What is a Nutritious Food Basket?

A nutritious food basket is a food-costing tool that is a measure of the cost of healthy eating based on current nutrition recommendations. Nutritious food baskets have been used in Canada for half a century to assess the cost of an adequate diet in both health and social service contexts. One of Canada's oldest food costing resources has been in use by the Montreal Diet Dispensary since 1948. The federal government became involved in food costing in 1974, more recently by Agriculture and Agri-Food Canada who developed and priced the Nutritious Food Basket and the Thrifty Nutritious Food Basket. These food baskets provided benchmark costs for feeding 23 age and gender groups in 18 cities across the country until 1995. Edmonton Nutritious Food Basket Prices, first developed in 1995, was based on these standards. In 1998, a national nutritious food basket, revised to reflect current nutrition recommendations and food purchase patterns, was developed by Health Canada. Beginning in 2000, the Edmonton basket was updated based on Health Canada's *National Nutritious Food Basket – 1998*. In 2004, a review of the Edmonton Nutritious Food Basket was undertaken to ensure that the latest information available from Health Canada's *Food Guide to Healthy Eating* and Statistics Canada's *Family Food Expenditure Survey* was reflected in the basket of food items priced. As a result, in 2004, the contents of the Edmonton basket were updated. A further review and update of the national basket was conducted by Health Canada in 2008, resulting in the release of the *2008 National Nutritious Food Basket*. Subsequently, the Edmonton nutritious food basket was updated in 2009 based on the 2008 National Nutritious Food Basket which reflects the latest nutrition recommendations.

Factors in Selecting the Food Basket

Analyzing the cost of a nutritious food basket is complex. It is not simply a matter of pricing a list of foods in various retail stores. Developing a realistic basket of foods involves balancing several important factors:

- Quantities of food must meet nutrient needs.
- The basket must reflect the food consumption patterns for most of the population in the geographic area.
- Tracking food prices over time means that the items selected must be available in all the stores, all the time.
- Limitations on resources (time, money) of those gathering price data.

These factors impose limitations on the brand names, package sizes and types of fresh foods chosen for the basket.

The current Edmonton Nutritious Food Baskets consist of 67 food items, which represent a nutritious food basket for Edmonton. These food items fall into categories, which contribute similar nutrients to the diet. Each of the items within a category is weighted to reflect the purchasing patterns of most Albertans. For example, within the meat, poultry and alternatives category, proportions have been assigned to the various items priced, which represent the percentages of meat, poultry and alternatives that a typical Alberta household consumes. The total weight or volume of food within the category will meet the nutrient needs of average Canadians. This weighting has been done for each of the food categories.

Every food category contains some items that are better sources of a specific nutrient than others in the same category, and the Edmonton Nutritious Food Basket Prices incorporates a realistic balance and variety of foods.

Calculating Nutritious Food Basket Prices for each Age-Gender Group

The Edmonton Nutritious Food Basket lists 22 age-gender groups and a reference family of four, and reports the weekly cost of each food category as well as a total weekly cost. This cost represents the weekly food basket prices and assumes that the individual is a member of a family.

The required number of servings of each food category is based on age and gender. Other items can be substituted for the ones priced in this report, but the cost of the food basket will change. No assumptions for "economy of scale" have been made, nor margins for food spoilage or waste.

How to Use the Edmonton Nutritious Food Basket Prices

The costs can provide benchmarks for families, individuals and agencies looking for guidelines for purchasing nutritious foods. Costs for an individual or family may be different than those in this report if different sized packages are purchased. It should be noted that the Edmonton prices presented in this report may differ from prices in other areas of the province. We suggest adding 10 per cent to the total weekly average cost to accommodate Vitamin D supplement (for adult men and women over 50 years of age), iron supplement (for pregnant women) and other miscellaneous items (such as condiments, baking supplies, tea and coffee), as these are not included in the total weekly average cost.

Care should be taken when comparing the cost of 2014 and 2015 Edmonton Nutritious Food Basket Prices to previous years. It should be noted that, beginning in 2009, the Edmonton Nutritious Food Basket consists of an updated list of 67 representative food items as compared to 51 in the 2008 basket. Additionally, the 2014 and 2015 baskets report weekly costs for 10 food categories, as compared to 11 food categories in 2008 and prior years. It should also be noted that the number of age and gender groups and the reference family of four changed in 2009. More detail on the composition of the current basket and weekly quantities of food required by specified age-gender groups is provided in the Appendix section of this report.

Publication of the Survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Accordingly, the food costs shown in this report represent weighted average prices of several retail food stores, gathered on the same day. The prices from each store are weighted to account for an estimated market share. The weighted average retail food prices for Edmonton are converted to a unit price for each food category and then multiplied by the number of units or servings required to meet nutrient needs for each age-gender group for one week. The weekly average food costs for each age-gender group and the reference family of four are then averaged for each month, to determine the average weekly cost of the nutritious food basket for the month.

Acknowledgments

We wish to express our sincere appreciation to Health Canada and Agriculture and Agri-Food Canada, whose nutrition information, weights, quantities, consumption and expenditure data have been used as a reference in the development of our food costing methodology.

For further information on Edmonton Nutritious Food Basket Prices, please contact:

Alberta Agriculture and Forestry
Economics and Competitiveness Division
Statistics and Data Development Branch
302, 7000 - 113 Street
Edmonton, Alberta T6H 5T6
Phone: 780-427-4011
Fax: 780-427-5220

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Table 1 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2014(*)

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
Children						- Dollars per Week -					
Boy 2-3 years	7.51	0.80	4.32	3.40	1.72	2.85	4.14	2.48	1.68	1.33	**30.22**
Girl 2-3 years	7.51	0.80	4.32	3.40	1.72	2.85	4.14	2.12	1.44	1.33	**29.63**
Boy 4-8 years	9.01	0.80	6.72	3.40	1.72	2.85	7.24	3.54	2.40	1.33	**39.01**
Girl 4-8 years	9.01	0.80	6.72	3.40	1.72	2.85	7.24	3.54	2.40	1.33	**39.01**
Males											
9-13 years	12.02	0.80	13.92	3.40	1.72	2.85	9.31	4.25	2.88	1.67	**52.80**
14-18 years	12.02	0.80	30.73	3.40	1.72	2.85	14.48	5.66	3.84	2.33	**77.82**
19-30 years	8.26	0.80	28.33	3.40	1.72	2.85	16.54	6.37	4.32	2.67	**75.25**
31-50 years (b)	7.51	0.80	23.53	3.40	1.72	2.85	14.48	6.37	4.32	2.67	**67.63**
51-70 years (b)	9.01	0.80	23.53	3.40	1.72	2.85	12.41	6.37	2.88	2.33	**65.29**
over 70 years (b)	9.01	0.80	23.53	3.40	1.72	2.85	12.41	6.37	2.88	1.67	**64.63**
Females											
9-13 years	9.76	0.80	9.12	3.40	1.72	2.85	8.27	4.25	2.88	1.67	**44.72**
14-18 years	10.52	0.80	13.92	3.40	1.72	2.85	11.37	4.95	2.88	1.67	**54.08**
19-30 years	6.01	0.80	18.72	3.40	1.72	2.85	13.44	5.31	3.36	2.00	**57.61**
31-50 years (b)	6.76	0.80	18.72	3.40	1.72	2.85	12.41	4.95	3.36	2.00	**56.97**
51-70 years (b)	9.01	0.80	13.92	3.40	1.72	2.85	9.31	4.25	2.88	1.33	**49.47**
over 70 years (b)	9.01	0.80	13.92	3.40	1.72	2.85	9.31	4.25	2.88	1.33	**49.47**
Pregnancy											
18 years & younger (c)	10.52	0.80	18.72	3.40	1.72	2.85	12.41	5.66	2.88	2.33	**61.29**
19-30 years (c)	9.01	0.80	18.72	3.40	1.72	2.85	13.44	5.66	3.84	2.67	**62.11**
31-50 years (c)	9.01	0.80	18.72	3.40	1.72	2.85	12.41	5.66	3.84	2.33	**60.74**
Lactation											
18 years & younger	12.02	0.80	18.72	3.40	1.72	2.85	12.93	5.31	3.36	2.33	**63.43**
19-30 years	9.01	0.80	23.53	3.40	1.72	2.85	13.44	5.66	3.84	2.67	**66.91**
31-50 years	9.01	0.80	23.53	3.40	1.72	2.85	12.41	5.66	3.84	2.33	**65.55**
Family of Four (d)	35.30	3.22	62.90	13.59	6.87	11.38	43.43	19.11	12.95	7.66	**216.41**

(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Division, Statistics and Data Development Branch. For additional information please phone: 780-427-4011.

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Table 2 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2015(*)

Age-Gender Group	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (a)
Children						- Dollars per Week -					
Boy 2-3 years	7.54	0.83	4.70	3.36	1.89	3.55	4.46	2.46	1.75	1.36	**31.89**
Girl 2-3 years	7.54	0.83	4.70	3.36	1.89	3.55	4.46	2.11	1.50	1.36	**31.29**
Boy 4-8 years	9.04	0.83	7.31	3.36	1.89	3.55	7.81	3.51	2.50	1.36	**41.16**
Girl 4-8 years	9.04	0.83	7.31	3.36	1.89	3.55	7.81	3.51	2.50	1.36	**41.16**
Males											
9-13 years	12.06	0.83	15.14	3.36	1.89	3.55	10.04	4.22	3.00	1.69	**55.78**
14-18 years	12.06	0.83	33.42	3.36	1.89	3.55	15.61	5.62	4.01	2.37	**82.71**
19-30 years	8.29	0.83	30.81	3.36	1.89	3.55	17.84	6.32	4.51	2.71	**80.10**
31-50 years (b)	7.54	0.83	25.58	3.36	1.89	3.55	15.61	6.32	4.51	2.71	**71.90**
51-70 years (b)	9.04	0.83	25.58	3.36	1.89	3.55	13.38	6.32	3.00	2.37	**69.33**
over 70 years (b)	9.04	0.83	25.58	3.36	1.89	3.55	13.38	6.32	3.00	1.69	**68.66**
Females											
9-13 years	9.80	0.83	9.92	3.36	1.89	3.55	8.92	4.22	3.00	1.69	**47.18**
14-18 years	10.55	0.83	15.14	3.36	1.89	3.55	12.27	4.92	3.00	1.69	**57.20**
19-30 years	6.03	0.83	20.36	3.36	1.89	3.55	14.50	5.27	3.50	2.03	**61.32**
31-50 years (b)	6.78	0.83	20.36	3.36	1.89	3.55	13.38	4.92	3.50	2.03	**60.61**
51-70 years (b)	9.04	0.83	15.14	3.36	1.89	3.55	10.04	4.22	3.00	1.36	**52.42**
over 70 years (b)	9.04	0.83	15.14	3.36	1.89	3.55	10.04	4.22	3.00	1.36	**52.42**
Pregnancy											
18 years & younger (c)	10.55	0.83	20.36	3.36	1.89	3.55	13.38	5.62	3.00	2.37	**64.92**
19-30 years (c)	9.04	0.83	20.36	3.36	1.89	3.55	14.50	5.62	4.01	2.71	**65.87**
31-50 years (c)	9.04	0.83	20.36	3.36	1.89	3.55	13.38	5.62	4.01	2.37	**64.41**
Lactation											
18 years & younger	12.06	0.83	20.36	3.36	1.89	3.55	13.94	5.27	3.50	2.37	**67.13**
19-30 years	9.04	0.83	25.58	3.36	1.89	3.55	14.50	5.62	4.01	2.71	**71.09**
31-50 years	9.04	0.83	25.58	3.36	1.89	3.55	13.38	5.62	4.01	2.37	**69.63**
Family of Four (d)	35.42	3.31	68.40	13.44	7.55	14.20	46.83	18.97	13.52	7.80	**229.44**

(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Note: Due to rounding, totals may not add up.

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Table 3 - Average Weekly Food Cost ($) for Family of Four(a), Edmonton - 2014(*)

Month	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (b)
January	34.81	3.21	57.69	13.10	6.75	11.21	41.83	18.46	13.06	7.74	**207.85**
February	35.20	3.21	58.79	13.06	7.00	10.92	43.49	19.55	13.19	7.48	**211.88**
March	35.34	3.21	59.14	13.36	7.29	10.40	43.49	19.37	12.98	7.72	**212.30**
April	34.65	3.20	63.07	13.38	6.76	10.60	42.85	20.14	12.91	7.59	**215.15**
May	35.39	3.21	64.01	14.10	6.50	11.50	43.40	19.19	12.96	7.61	**217.88**
June	35.56	3.24	63.97	14.61	7.13	12.14	43.66	19.06	12.80	7.51	**219.69**
July	35.54	3.28	63.91	14.44	7.04	11.75	44.23	19.82	12.59	7.56	**220.18**
August	35.41	3.20	63.44	13.71	6.39	11.23	42.19	18.53	13.23	7.89	**215.23**
September	35.60	3.35	65.31	13.37	6.66	11.81	42.33	18.76	12.52	7.78	**217.48**
October	35.44	3.18	64.70	13.69	6.74	10.96	42.28	18.33	13.07	7.73	**216.13**
November	35.22	3.14	64.42	13.40	7.34	12.21	45.11	18.81	13.20	7.72	**220.56**
December	35.47	3.20	66.30	12.91	6.80	11.83	46.29	19.31	12.89	7.64	**222.64**
Average 2014	**35.30**	**3.22**	**62.90**	**13.59**	**6.87**	**11.38**	**43.43**	**19.11**	**12.95**	**7.66**	**216.41**

(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

Note: Due to rounding, totals may not add up.

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Table 4 - Average Weekly Food Cost ($) for Family of Four(a), Edmonton - 2015(*)

Month	Milk & Alternatives	Eggs	Meat, Poultry & Alternatives	Fish	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats	Total Weekly Average Cost (b)
January	35.40	3.27	65.17	12.89	7.75	13.28	45.98	19.00	13.36	7.81	**223.90**
February	35.26	3.22	65.35	12.53	8.03	14.33	45.54	19.16	13.01	7.77	**224.20**
March	35.68	3.22	66.97	13.22	7.90	13.28	45.37	18.33	13.08	7.86	**224.92**
April	35.71	3.27	66.54	13.36	7.91	13.45	44.66	18.64	13.47	7.91	**224.93**
May	35.67	3.32	68.15	13.88	7.65	13.93	45.88	18.71	13.35	7.81	**228.36**
June	35.65	3.32	68.20	13.14	7.31	14.01	45.54	18.37	13.61	7.75	**226.91**
July	35.32	3.32	68.13	14.00	7.84	14.45	46.50	19.20	13.66	7.65	**230.08**
August	35.33	3.32	69.27	14.16	7.42	14.34	45.97	19.12	13.67	7.61	**230.21**
September	35.42	3.32	70.27	13.86	7.57	14.68	46.53	18.90	13.51	7.89	**231.94**
October	35.41	3.32	71.22	13.43	7.38	14.36	48.05	19.04	13.92	7.75	**233.88**
November	34.63	3.35	70.96	13.45	6.94	14.57	49.95	19.20	13.76	7.87	**234.68**
December	35.53	3.43	70.56	13.42	6.95	15.67	52.01	20.00	13.82	7.88	**239.26**
Average 2015	**35.42**	**3.31**	**68.40**	**13.44**	**7.55**	**14.20**	**46.83**	**18.97**	**13.52**	**7.80**	**229.44**

(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Weekly Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

Note: Due to rounding, totals may not add up.

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Division, Statistics and Data Development Branch

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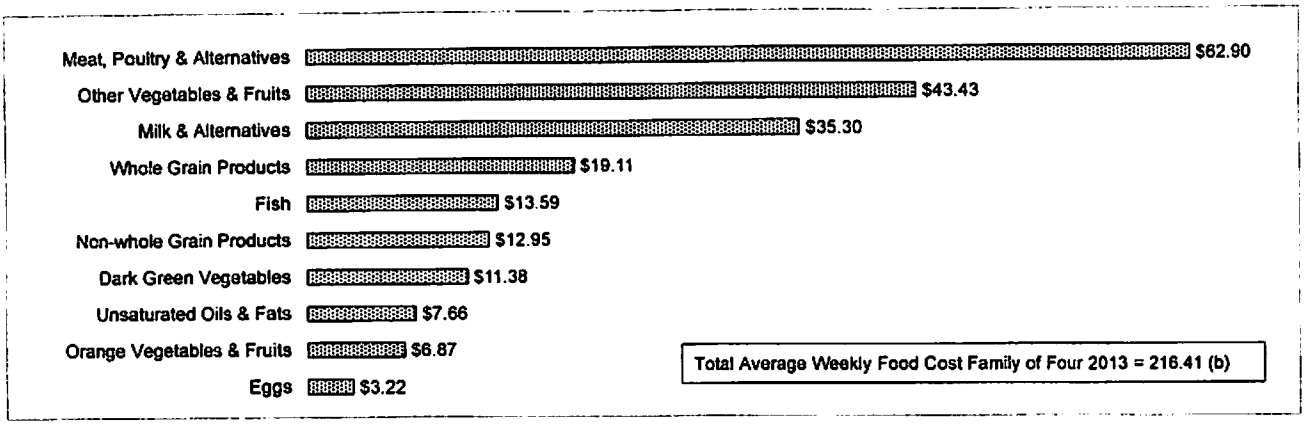
Graph 1 - Average Weekly Food Cost by Category 2014(*) Family of Four(a) - Edmonton

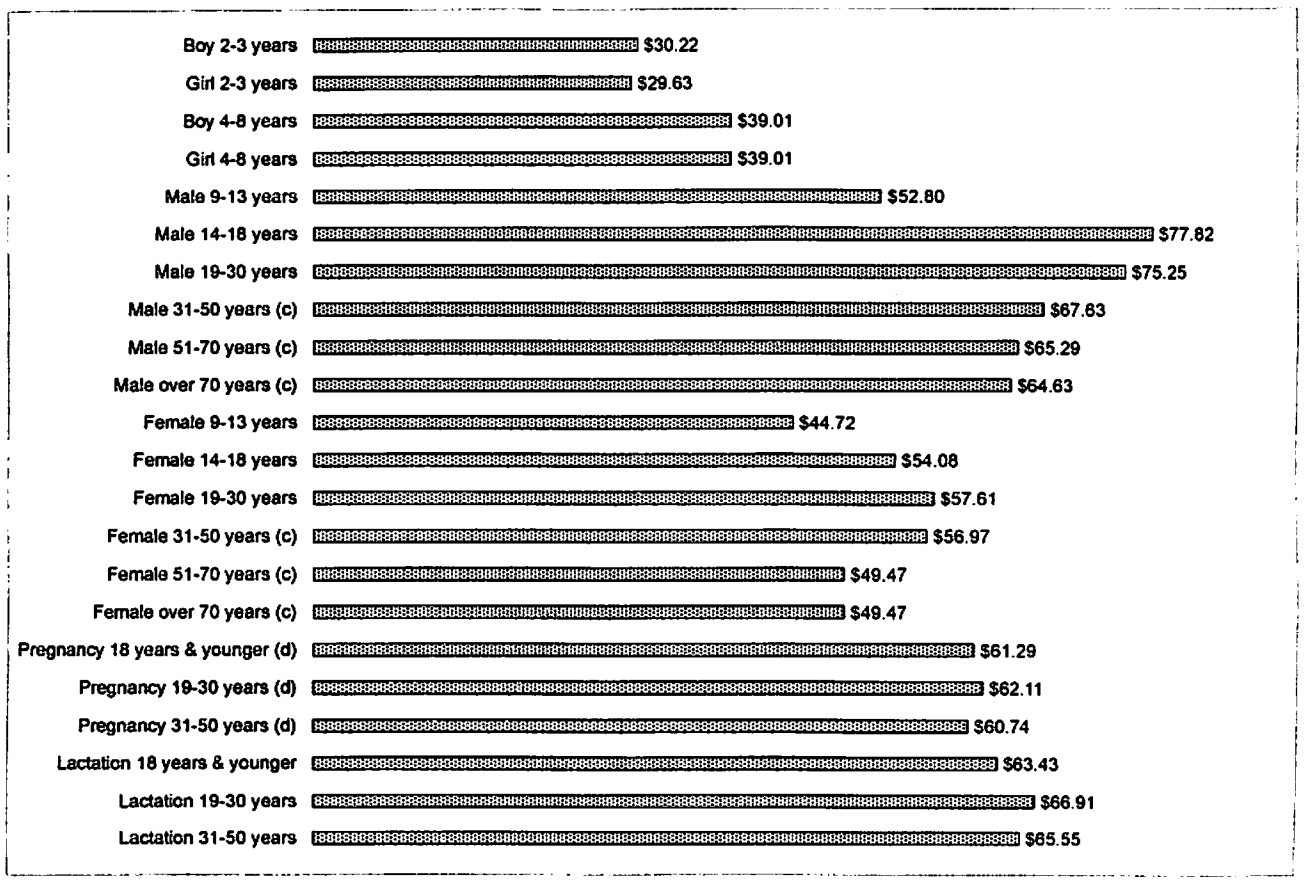


(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

Graph 2 - Average Total Weekly Food Cost(b) 2014(*) by Age/Gender Group - Edmonton



(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(c) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(d) A daily iron supplement is required for pregnant women.

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Division, Statistics and Data Development Branch

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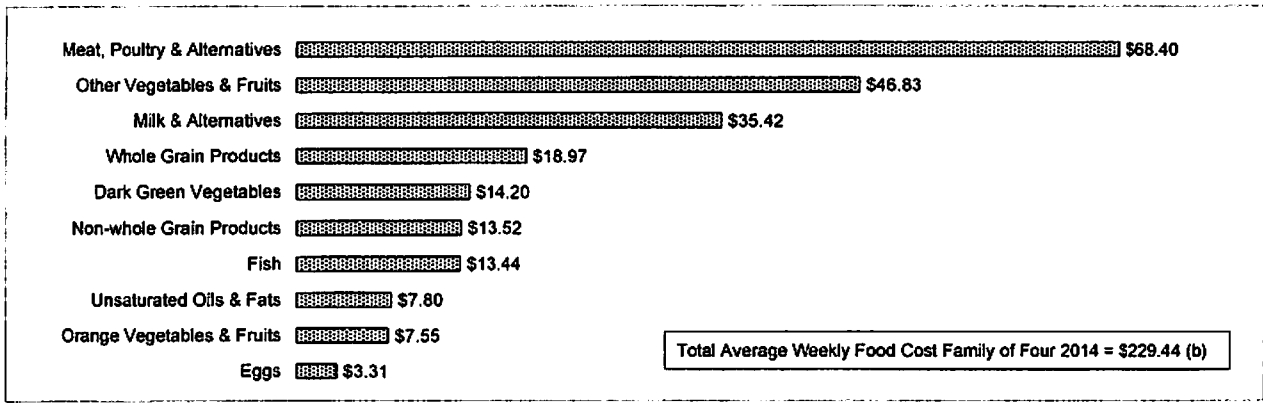
Graph 3 - Average Weekly Food Cost by Category 2015(*) Family of Four(a) - Edmonton

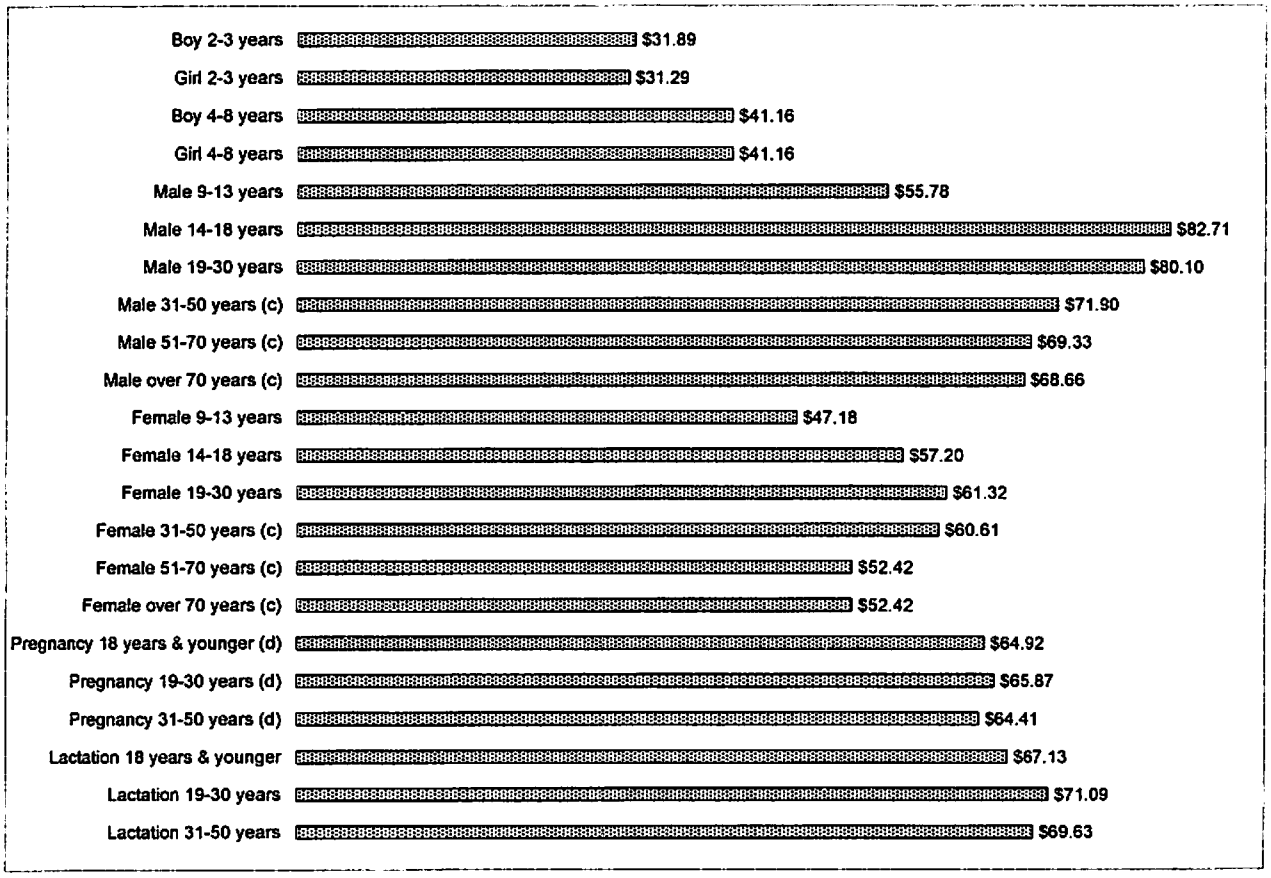


(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

Graph 4 - Average Total Weekly Food Cost(b) 2015(*) by Age/Gender Group - Edmonton



(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.

(c) A daily Vitamin D supplement is required for adult men and women over 50 years of age as recommended in Eating Well with Canada's Food Guide.

(d) A daily iron supplement is required for pregnant women.

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APPENDIX A - EDMONTON NUTRITIOUS FOOD BASKET PRICE REPORT 2014-2015(*)

Composition of the Edmonton Nutritious Food Basket

Milk & Alternatives
Cheese, cheddar, medium
Cheese, mozzarella, partially skimmed (52% water, ~16.5% M.F.)
Cheese, processed food, cheddar, slices
Milk, partly skimmed, 1% M.F.
Yogurt, less than 2% M.F.

Eggs
Eggs, grade A, large

Meat, Poultry & Alternatives
Beans, baked, canned in tomato sauce
Beef, ground, lean
Beef, hip, inside round roast
Beef, hip, inside round steak
Chicken, breast, boneless & skinless
Ham, sliced, regular
Lentils, dry
Peanut butter, smooth type, fat, sugar and salt added
Peanuts, dry roasted
Pork, loin, centre chop, bone-in

Fish
Fish, sole, frozen
Salmon, sockeye, canned
Tuna, light, canned in water

Orange Vegetables & Fruits
Carrots, raw
Melons, cantaloupe, raw
Peaches, canned halves or slices, juice or water pack
Sweet potato or yam, raw

Dark Green Vegetables
Beans, snap (Italian, green or yellow), frozen
Broccoli, raw
Lettuce, romaine, raw
Peas, green, frozen
Peppers, sweet, green, raw
Vegetables, mixed, frozen

Other Vegetables & Fruits
Apple juice, added vitamin C
Apples, raw
Bananas, raw
Cabbage, raw
Celery, raw
Corn, canned vacuum packed
Cucumber, raw
Grapes, red or green, raw
Lettuce, iceberg, raw
Mushrooms, raw
Onions, cooking, yellow, raw
Orange juice, frozen concentrate
Oranges, raw
Pears, raw
Potatoes, white, raw
Raisins, seedless, Sultana or Thompson
Rutabaga or turnip, raw
Strawberries, frozen, unsweetened
Tomatoes, canned, whole
Tomatoes, red, raw
Vegetable Juice Cocktail

Whole Grain Products
Bread, whole wheat
Cereal, bran flakes with raisins
Cereal, oats, quick cooking
Cereal, toasted oats O's
Flour, whole wheat
Pita, whole wheat

Non-whole Grain Products
Bread, white
Buns, hamburger
Cookies, arrowroot
Crackers, saltine, unsalted top
Flour, white, enriched, all purpose
Pasta, spaghetti, enriched
Rice, white, long-grain, parboiled

Unsaturated Oils & Fats
Margarine, tub, non-hydrogenated
Salad dressing, Italian, regular
Mayonnaise
Vegetable oil, canola

(*) - Based on Health Canada's 2008 National Nutritious Food Basket

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Division, Statistics and Data Development Branch

APPENDIX B - EDMONTON NUTRITIOUS FOOD BASKET PRICE REPORT 2014 - 2015(*)

Weekly Quantities of Food(a) Required for Specified Age-Gender Groups

Age-Gender Group	Milk & Alternatives	Eggs	Fish	Meat, Poultry & Alternatives	Orange Vegetables & Fruits	Dark Green Vegetables	Other Vegetables & Fruits	Whole Grain Products	Non-whole Grain Products	Unsaturated Oils & Fats
	(litre)	(no.)	(kg)	(kg)	(kg)	(kg)	(kg)	(kg)	(kg)	(kg)
Children										
Boy 2-3 years	4.49	3.50	0.20	0.30	0.62	0.67	1.30	0.35	0.33	0.21
Girl 2-3 years	4.49	3.50	0.20	0.30	0.62	0.67	1.30	0.30	0.28	0.21
Boy 4-8 years	5.39	3.50	0.20	0.46	0.62	0.67	2.27	0.50	0.47	0.21
Girl 4-8 years	5.39	3.50	0.20	0.46	0.62	0.67	2.27	0.50	0.47	0.21
Males										
9-13 years	7.19	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.26
14-18 years	7.19	3.50	0.20	2.13	0.62	0.67	4.54	0.79	0.75	0.37
19-30 years	4.94	3.50	0.20	1.96	0.62	0.67	5.19	0.89	0.85	0.42
31-50 years (b)	4.49	3.50	0.20	1.63	0.62	0.67	4.54	0.89	0.85	0.42
51-70 years (b)	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.89	0.57	0.37
over 70 years (b)	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.89	0.57	0.26
Females										
9-13 years	5.84	3.50	0.20	0.63	0.62	0.67	2.59	0.59	0.57	0.26
14-18 years	6.29	3.50	0.20	0.96	0.62	0.67	3.56	0.69	0.57	0.26
19-30 years	3.59	3.50	0.20	1.30	0.62	0.67	4.21	0.74	0.66	0.32
31-50 years (b)	4.04	3.50	0.20	1.30	0.62	0.67	3.89	0.69	0.66	0.32
51-70 years (b)	5.39	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.21
over 70 years (b)	5.39	3.50	0.20	0.96	0.62	0.67	2.92	0.59	0.57	0.21
Pregnancy										
18 years & younger (c)	6.29	3.50	0.20	1.30	0.62	0.67	3.89	0.79	0.57	0.37
19-30 years (c)	5.39	3.50	0.20	1.30	0.62	0.67	4.21	0.79	0.75	0.42
31-50 years (c)	5.39	3.50	0.20	1.30	0.62	0.67	3.89	0.79	0.75	0.37
Lactation										
18 years & younger	7.19	3.50	0.20	1.30	0.62	0.67	4.05	0.74	0.66	0.37
19-30 years	5.39	3.50	0.20	1.63	0.62	0.67	4.21	0.79	0.75	0.42
31-50 years	5.39	3.50	0.20	1.63	0.62	0.67	3.89	0.79	0.75	0.37
Family of Four (d)	21.11	14.00	0.82	4.35	2.49	2.70	13.61	2.67	2.54	1.21

(*) Based on Health Canada's 2008 National Nutritious Food Basket.

(a) Quantities are for food "as purchased". Food is for preparation of all meals and snacks for a week.

(b) A daily Vitamin D supplement is required for adult men and women over 50 years of age

(c) A daily iron supplement is required for pregnant women.

(d) Composed of a man (31-50 years), a woman (31-50 years), a boy (9-13 years) and a girl (4-8 years).

Source: Alberta Agriculture and Forestry, Economics and Competitiveness Division, Statistics and Data Development Branch