# 2017-18 Overview

# Edmonton nutritious food basket costs





Alberta Agriculture and Forestry, Government of Alberta Edmonton Nutritious Food Basket Prices - Overview of 2017 and 2018 Livestock Statistician Statistics and Data Development Section Alberta Agriculture and Forestry #300, 7000-113 Street, Edmonton, AB, T6H 5T6 780-427-4243 The contents of this document may not be used or reproduced without properly accrediting Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section

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## Introduction and 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 2016 and 2017 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 2016 and 2017 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.

Table 1 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2017<sup>(\*)</sup>

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 Cos (a)
Children						- Dollars per	Week -				
Boy 2-3 years	7.55	0.85	4.84	3.44	1.77	3.14	4.45	2.63	1.82	1.24	31.73
Girl 2-3 years	7.55	0.85	4.84	3.44	1.77	3.14	4.45	2.26	1.56	1.24	31.09
Boy 4-8 years	9.07	0.85	7.52	3.44	1.77	3.14	7.78	3.76	2.61	1.24	41.17
Girl 4-8 years	9.07	0.85	7.52	3.44	1.77	3.14	7.78	3.76	2.61	1.24	41.17
Males											
9-13 years	12.09	0.85	15.58	3.44	1.77	3.14	10.01	4.51	3.13	1.55	56.06
14-18 years	12.09	0.85	34.39	3.44	1.77	3.14	15.57	6.02	4.17	2.16	83.59
19-30 years	8.31	0.85	31.70	3.44	1.77	3.14	17.79	6.77	4.69	2.47	80.93
31-50 years (b)	7.55	0.85	26.33	3.44	1.77	3.14	15.57	6.77	4.69	2.47	72.58
51-70 years (b)	9.07	0.85	26.33	3.44	1.77	3.14	13.34	6.77	3.13	2.16	69.99
over 70 years (b)	9.07	0.85	26.33	3.44	1.77	3.14	13.34	6.77	3.13	1.55	69.38
Females											
9-13 years	9.82	0.85	10.21	3.44	1.77	3.14	8.90	4.51	3.13	1.55	47.31
14-18 years	10.58	0.85	15.58	3.44	1.77	3.14	12.23	5.26	3.13	1.55	57.52
19-30 years	6.04	0.85	20.96	3.44	1.77	3.14	14.46	5.64	3.65	1.86	61.79
31-50 years (b)	6.80	0.85	20.96	3.44	1.77	3.14	13.34	5.26	3.65	1.86	61.06
51-70 years (b)	9.07	0.85	15.58	3.44	1.77	3.14	10.01	4.51	3.13	1.24	52.73
over 70 years (b)	9.07	0.85	15.58	3.44	1.77	3.14	10.01	4.51	3.13	1.24	52.73
Pregnancy											
18 years & younger (c)	10.58	0.85	20.96	3.44	1.77	3.14	13.34	6.02	3.13	2.16	65.38
19-30 years (c)	9.07	0.85	20.96	3.44	1.77	3.14	14.46	6.02	4.17	2.47	66.33
31-50 years (c)	9.07	0.85	20.96	3.44	1.77	3.14	13.34	6.02	4.17	2.16	64.91
Lactation											
18 years & younger	12.09	0.85	20.96	3.44	1.77	3.14	13.90	5.64	3.65	2.16	67.59
19-30 years	9.07	0.85	26.33	3.44	1.77	3.14	14.46	6.02	4.17	2.47	71.71
31-50 years	9.07	0.85	26.33	3.44	1.77	3.14	13.34	6.02	4.17	2.16	70.28
Family of Four (d)	35.51	3.40	70.39	13.75	7.06	12.58	46.70	20.30	14.07	7.11	230.87

<sup>(\*)</sup> Based on Health Canada's 2008 National Nutritious Food Basket.

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

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

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<sup>(</sup>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.

<sup>(</sup>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.

<sup>(</sup>c) A daily iron supplement is required for pregnant women.

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

Table 2 - Annual Average Weekly Cost of Edmonton Nutritious Food Basket 2018<sup>(\*)</sup>

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	7.67	0.84	4.96	3.70	1.78	3.19	4.60	2.53	1.74	1.29	32.28
Girl 2-3 years	7.67	0.84	4.96	3.70	1.78	3.19	4.60	2.17	1.49	1.29	31.67
Boy 4-8 years	9.20	0.84	7.71	3.70	1.78	3.19	8.05	3.61	2.48	1.29	41.84
Girl 4-8 years	9.20	0.84	7.71	3.70	1.78	3.19	8.05	3.61	2.48	1.29	41.84
Males											
9-13 years	12.26	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.62	57.01
14-18 years	12.26	0.84	35.24	3.70	1.78	3.19	16.10	5.78	3.97	2.26	85.12
19-30 years	8.43	0.84	32.49	3.70	1.78	3.19	18.40	6.51	4.47	2.59	82.37
31-50 years (b)	7.67	0.84	26.98	3.70	1.78	3.19	16.10	6.51	4.47	2.59	73.80
51-70 years (b)	9.20	0.84	26.98	3.70	1.78	3.19	13.80	6.51	2.98	2.26	71.22
over 70 years (b)	9.20	0.84	26.98	3.70	1.78	3.19	13.80	6.51	2.98	1.62	70.58
Females											
9-13 years	9.96	0.84	10.46	3.70	1.78	3.19	9.20	4.34	2.98	1.62	48.06
14-18 years	10.73	0.84	15.97	3.70	1.78	3.19	12.65	5.06	2.98	1.62	58.50
19-30 years	6.13	0.84	21.47	3.70	1.78	3.19	14.95	5.42	3.48	1.94	62.89
31-50 years (b)	6.90	0.84	21.47	3.70	1.78	3.19	13.80	5.06	3.48	1.94	62.14
51-70 years (b)	9.20	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.29	53.62
over 70 years (b)	9.20	0.84	15.97	3.70	1.78	3.19	10.35	4.34	2.98	1.29	53.62
Pregnancy											
18 years & younger (c)	10.73	0.84	21.47	3.70	1.78	3.19	13.80	5.78	2.98	2.26	66.53
19-30 years (c)	9.20	0.84	21.47	3.70	1.78	3.19	14.95	5.78	3.97	2.59	67.46
31-50 years (c)	9.20	0.84	21.47	3.70	1.78	3.19	13.80	5.78	3.97	2.26	65.99
Lactation											
18 years & younger	12.26	0.84	21.47	3.70	1.78	3.19	14.37	5.42	3.48	2.26	68.77
19-30 years	9.20	0.84	26.98	3.70	1.78	3.19	14.95	5.78	3.97	2.59	72.97
31-50 years	9.20	0.84	26.98	3.70	1.78	3.19	13.80	5.78	3.97	2.26	71.49
Family of Four (d)	36.03	3.36	72.13	14.79	7.10	12.75	48.29	19.52	13.41	7.43	234.80

<sup>(\*)</sup> Based on Health Canada's 2008 National Nutritious Food Basket.

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

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

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<sup>(</sup>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.

<sup>(</sup>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.

<sup>(</sup>c) A daily iron supplement is required for pregnant women.

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

Table 3 - Average Weekly Food Cost (\$) for Family of Four(a), Edmonton - 2017<sup>(\*)</sup>

230.87	7.11	14.07	20.30	46.70	12.58	7.06	13.75	70.39	3.40	35.51	Average 2017
229.26	7.11	14.22	19.30	47.72	12.05	7.29	13.91	69.02	3.17	35.48	December
233.38	7.43	14.44	20.52	46.97	13.37	7.30	14.89	69.62	3.37	35.47	November
229.52	7.00	14.43	20.09	45.85	12.44	7.23	13.39	70.07	3.42	35.61	October
229.50	7.17	14.21	20.35	46.00	11.90	7.11	13.90	70.37	3.46	35.02	September
229.31	7.05	14.18	20.09	47.31	12.26	7.01	13.63	68.92	3.41	35.47	August
233.07	7.11	13.89	20.84	48.41	12.38	7.70	13.30	70.75	3.46	35.24	July
233.09	6.91	13.50	20.11	48.17	13.64	7.09	13.57	70.93	3.46	35.71	June
233.37	7.04	13.94	20.99	47.17	13.86	6.83	13.44	71.22	3.46	35.42	May
231.58	7.07	14.00	20.71	45.08	12.56	6.83	13.76	72.52	3.37	35.67	April
228.79	7.08	14.05	19.95	45.82	12.32	7.13	14.02	69.12	3.46	35.84	March
228.63	7.17	13.76	20.43	46.20	11.97	6.54	13.87	69.59	3.44	35.67	February
230.96	7.23	14.25	20.23	45.72	12.17	6.70	13.28	72.54	3.36	35.48	January
Total Weekly Average Cost (b)	Unsaturated Oils & Fats	Non-whole U Grain Products	Whole Grain Products	Other Vegetables & Fruits	Dark Green Vegetables	Orange Vegetables & Fruits	Fish	Meat, Poultry & Alternatives	Eggs	Milk & Alternatives	Month

<sup>(\*)</sup> Based on Health Canada's 2008 National Nutritious Food Basket.

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

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<sup>(</sup>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 Note: Due to rounding, totals may not add up.

Table 4 - Average Weekly Food Cost (\$) for Family of Four(a), Edmonton - 2018<sup>(\*)</sup>

234.80	7.43	13.41	19.52	48.29	12.75	7.10	14.79	72.13	3.36	36.03	Average 2018
245.27	7.51	13.51	19.85	53.11	13.89	7.40	15.31	73.99	3.32	37.37	December
237.81	7.39	13.03	19.34	49.60	13.40	7.39	14.78	73.09	3.30	36.48	November
240.62	7.53	13.00	18.82	48.94	13.05	7.27	16.78	75.17	3.30	36.77	October
236.28	7.48	13.13	18.82	46.83	12.59	7.00	15.66	74.94	3.41	36.42	September
235.24	7.35	12.95	19.42	48.41	12.42	6.87	14.97	73.18	3.48	36.20	August
232.17	7.42	13.37	19.39	47.97	12.26	6.83	14.38	71.41	3.29	35.84	July
235.16	7.61	13.26	19.48	48.33	12.01	7.03	14.79	73.68	3.49	35.48	June
231.50	7.39	13.40	19.87	46.71	12.28	6.99	14.07	71.80	3.28	35.71	Мау
230.14	7.30	13.55	19.87	46.65	12.60	6.89	14.69	69.40	3.38	35.79	April
229.55	7.36	13.58	19.74	47.20	12.31	6.95	14.03	69.30	3.42	35.64	March
232.34	7.42	13.99	19.70	47.66	12.91	7.19	13.67	71.00	3.41	35.38	February
231.55	7.42	14.08	19.90	48.05	13.29	7.42	14.35	68.59	3.21	35.24	January
Total Weekly Average Cost (b)		Non-whole Unsaturated Grain Oils & Products Fats	Whole Grain Products	Other Vegetables & Fruits	Dark Green Vegetables	Orange Vegetables & Fruits	Fish	Meat, Poultry & Alternatives	Eggs	Milk & Alternatives	Month

<sup>(\*)</sup> Based on Health Canada's 2008 National Nutritious Food Basket.

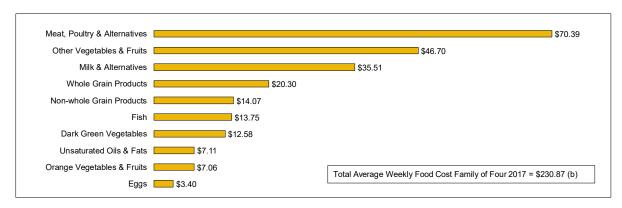
Source: Alberta Agriculture and Forestry, Economics and Competitiveness Branch, Statistics and Data Development Section

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

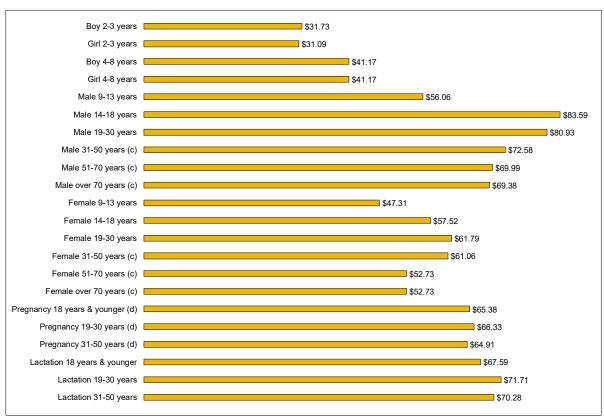
(b) Add 10% to Total Weeklv Average Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of Note: Due to rounding, totals may not add up.

# Graph 1 - Average Weekly Food Cost by Category 2017<sup>(\*)</sup> Family of Four<sup>(a)</sup> - 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<sup>(b)</sup> 2017<sup>(\*)</sup> by Age/Gender Group - Edmonton

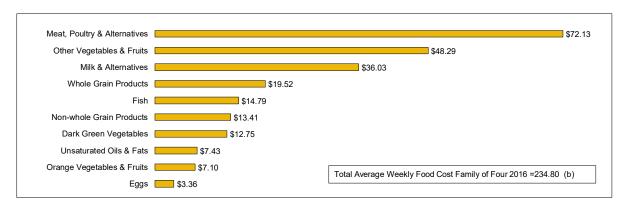


- (\*) Based on Health Canada's 2008 National Nutritious Food Basket.
- (b) Add 10% to Total Average Weekly Food Cost to cover condiments, baking supplies, tea, coffee, etc., Vitamin D supplement for adult men and women over 50 years of age and iron supplement for pregnant women.
- (c) A daily Vitamin 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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# Graph 3 - Average Weekly Food Cost by Category 2018<sup>(\*)</sup> Family of Four<sup>(a)</sup> - 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<sup>(b)</sup> 2018<sup>(\*)</sup> 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 2017 - 2018(\*)

#### **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

#### <u>Fish</u>

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

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

<sup>(\*) -</sup> Based on Health Canada's 2008 National Nutritious Food Basket

## APPENDIX B - EDMONTON NUTRITIOUS FOOD BASKET PRICE REPORT 2017 - 2018<sup>(\*)</sup>

## Weekly Quantities of Food<sup>(a)</sup> Required for Specified Age-Gender Groups

Age-Gender Group	Milk & Alternative s	Eggs	Fish	Meat, Poultry & Alternatives	_	Dark Green Vegetables		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

<sup>(\*)</sup> Based on Health Canada's 2008 National Nutritious Food Basket.

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

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

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

<sup>(</sup>c) A daily iron supplement is required for pregnant women.

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