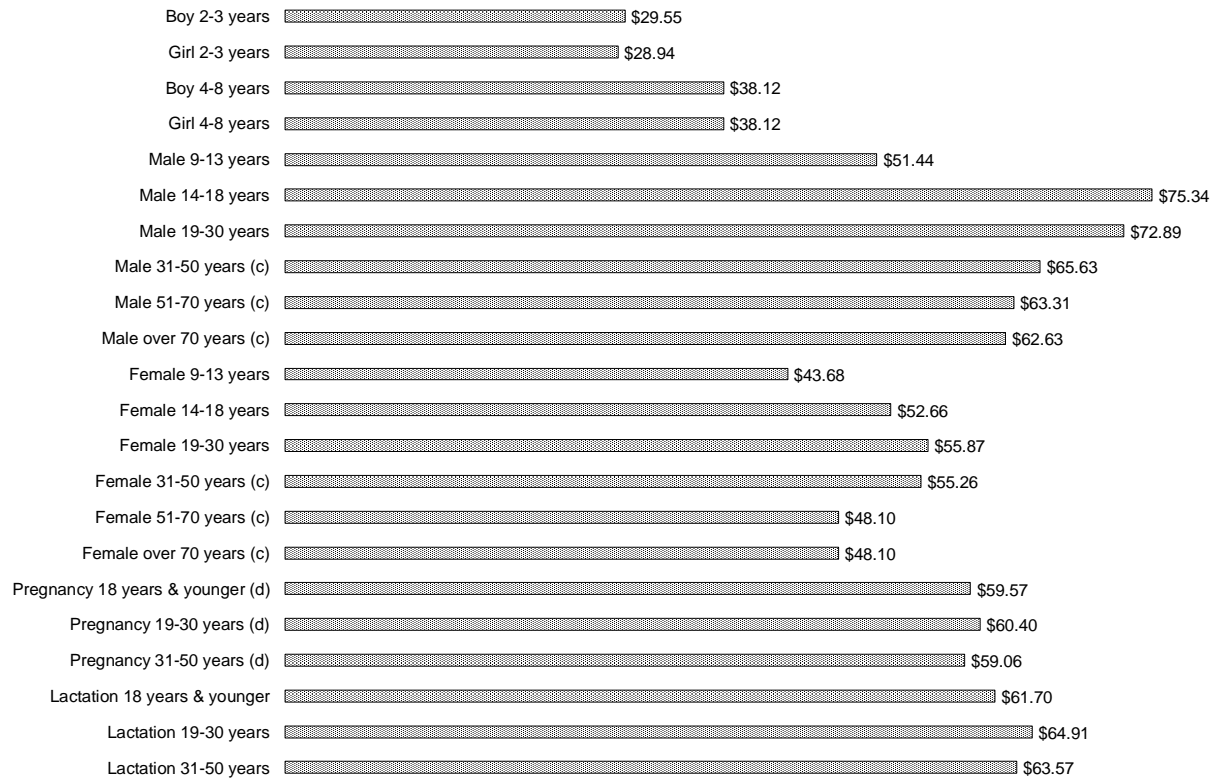


**Graph 4 - Average Total Weekly Food Cost<sup>(b)</sup> 2013<sup>(\*)</sup>  
by Age/Gender Group - Edmonton**



(\*) 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.

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

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