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

Male 14-18 years Male 19-30 years Male 31-50 years (c) Male 51-70 years (c) Female 9-13 years Female 14-18 years Female 19-30 years Female 31-50 years (c) Female 51-70 years (c) \$48.10 Pregnancy 18 years & younger (d) \$59.57 Pregnancy 19-30 years (d) Pregnancy 31-50 years (d) Lactation 18 years & younger Lactation 19-30 years Lactation 31-50 years \$63.57

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

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

- (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.

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

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