

# Comparison of Weekly Typical Food Costs to Weekly Food Costs While Dieting

Based on Official USDA Food Plans: Cost of Foods at Home Averages for May 2009<sup>1</sup>  
and the USDA Economic Research Service Food Away From Home Expenditures<sup>2</sup>

<b>WOMEN (Ages 19-50)</b>				
	Typical Weekly food costs <sup>1,2</sup>	Weekly food costs for a Low Calorie Diet (LCD) 3 supp + 800 cal <sup>3</sup>	Weekly food costs for a Modified Very Low Calorie Diet (mVLCD) 4 supp + 600 cal <sup>4</sup>	Weekly food costs for a Very Low Calorie Diet (VLCD) 5 supp + 2 bars <sup>5</sup>
<b>Moderate cost level</b>	\$87	\$61	\$71	\$98
<b>Liberal cost level</b>	\$105	\$67	\$75	\$98

<b>MEN (Ages 19-50)</b>				
	Typical Weekly food costs <sup>1,2</sup>	Weekly food costs for a Low Calorie Diet (LCD) 3 supp + 1,000 cal <sup>3</sup>	Weekly food costs for a Modified Very Low Calorie Diet (mVLCD) 4 supp + 800 cal <sup>4</sup>	Weekly food costs for a Very Low Calorie Diet (VLCD) 5 supp + 2 bars <sup>5</sup>
<b>Moderate cost level</b>	\$93	\$64	\$74	\$98
<b>Liberal cost level</b>	\$109	\$70	\$78	\$98

<sup>1</sup> Weekly standard food costs were derived using the following USDA sources: The Low-Cost, Moderate-Cost, and Liberal Food Plans, 2007, <http://www.cnpp.usda.gov/Publications/FoodPlans/MiscPubs/FoodPlans2007AdminReport.pdf>, the Official USDA Food Plans: Cost of Food at Home, U.S. Average, <http://www.cnpp.usda.gov/USDAFoodCost-Home.htm>, and the ERS Food Consumption (Per Capita) Data System, <http://www.ers.usda.gov/AmberWaves/November05/pdf/FindingsDHNovember2005.pdf>. Values are based on recommended dietary guidelines for specific foods and quantities of food, which are updated to current dollars by the Consumer Price Index for specific food items. The food costs reflect daily calorie levels of 2,700 for women and 3,300 for men.

<sup>2</sup> For data about food costs at home and away from home, the USDA Economic Research Service Briefing on Food CPI, Prices, and Expenditures: Per Capita Food Expenditures, <http://www.ers.usda.gov/briefing/cpi/foodandexpenditures/data/table13.htm> was used to estimate an average daily cost of \$3 per day for the added cost of snacks and food away from home.

<sup>3</sup> Calculation for the cost of a Low Calorie Diet (LCD) (cost of 3 supplements + cost of [800 or 1000] calories of grocery food = daily cost x 7 days)

<sup>4</sup> Calculation for the cost of a Low Calorie Diet (LCD) (cost of 4 supplements + cost of [600 or 800] calories of grocery food = daily cost x 7 days)

<sup>5</sup> Calculation for the cost of a Very Low Calorie Diet (VLCD) (cost of 7 supplements [5 powders and 2 bars] = daily cost x 7 days)