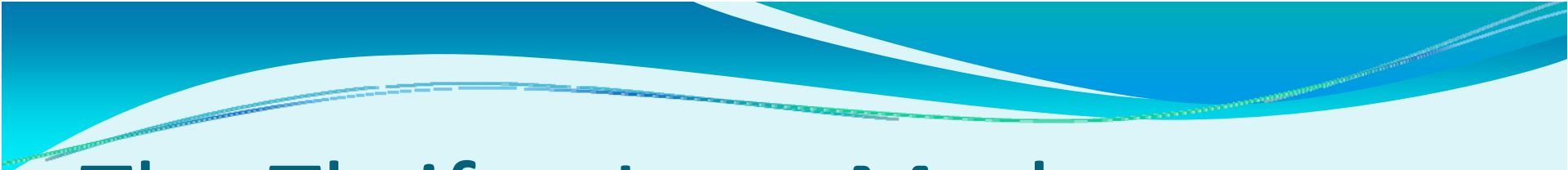


# Eating Right when the Budget's Tight





# The Thrifty, Low, Moderate, and Liberal-Cost Food Plans

Source: USDA Center for Nutrition Policy and  
Promotion: November 2007

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# History of USDA Food Plans

- 100 + years USDA has prepared guides for selecting nutritious diets at different cost levels.
- 1920's-due to research basic plans were developed in nutrients, moderate cost, and satisfying in flavor.
- 1930's- USDA developed 4 different nutritious cost plans
  - 1) Restricted Food Plan for Emergency
  - 2) Minimum-Cost Food Plan
  - (3) Moderate-Cost Food Plan
  - (4) the Liberal-Cost Food Plan

## History of USDA Food Plans (cont.)

- 1961-The Economy Food Plan was developed as a nutritionally adequate diet for short-term or emergency use.
- 1975-The Economy Food Plan was replaced by the Thrifty Food Plan (TFP)
- 1983-TFP market baskets were revised using the 1977 Nationwide Food Consumption Survey and then in

## History of USDA Food Plans (cont.)

- 1999-Changed using data from USDA's 1989-91 Continuing Survey of Food Intakes by Individuals & Food Price Data Base
- 2006-Changes in food composition data, eating patterns, and price information.

# Food Plans: Abstract

- Plans based on most current dietary standards: (1) 2005 Dietary Guidelines for Americans (2) 2005 MyPyramid Food Guidance System
- Uses the latest data on food consumption, nutrient content and food prices: 2001-2002 National Health and Nutrition Examination Survey and the 2001-2002 Food Price Database.
- Plans offer a more realistic reflection of the time available for home food preparation:

# Abstract: Cont.

- The four plans provide representative healthful market baskets at four different cost levels.
- The revision maintains the same inflation-adjusted cost as those of the previous food plans.
- In line with previous plans, an assumption used to develop these plans was that all purchased food is consumed at home.

# Average market basket of the Low-Cost Plan vs. corresponding average consumption

Low-Cost Plan			
Table 6	Average Consumption (lbs)	Market Basket	Difference
Grains	2.57	3.08	+ 20%
Vegetables	3.36	7.28	+116%
Fruit	2.80	7.19	+157%
Milk Products	4.85	11.22	+131.0%
Meat and beans	2.99	2.99	0%
Other Foods (fats, oils, sweets)	9.53	3.97	-58%
Total	26.10	35.72	

# Executive Summary

- The Low-cost, Moderate-cost, Liberal Food and Thrifty Food Plan are the 4 official USDA food plans maintained by Center for Nutrition Policy and Promotion (CNPP).
- The Thrifty Food Plan serves as a national standard for a nutritious diet at a minimal cost and is used as the basis for maximum food stamp allotments

# Executive Summary Cont.

- The Low-Cost, Moderate-Cost and Liberal Plans are used for various purposes:
  - 1) Bankruptcy courts often use the value of the Low-Cost Plan to allocate necessary food expenses.
  - 2) The Dept. of Defense uses the value of the Liberal Food Plan to determine the Basic Allowance for Subsistence rates for all service members.

# Executive Summary Cont.

3) Many divorce courts use the values of the USDA Plans to set alimony payments

4) All three plans are used in USDA's report *Expenditures on Children by Families*, which is used to set State child support guidelines and foster care payments.

Table ES-1a. Thrifty & Low-Cost Food Plan market baskets, quantities of food purchased for a week by age-gender group (Children)

Food Category	1 year	2-3 years	4-5 years	6-8 years	9-11 years
<b>Total lbs.</b>	19.24	18.68	21.74	23.59	33.65
Low-Cost	18.49	19.41	23.23	25.24	34.87
<b>Grains</b>	1.46	1.84	2.36	2.40	2.54
Low-Cost	1.29	1.83	2.48	2.51	2.90
<b>Vegetables</b>	5.00	4.09	3.64	5.15	9.74
Low-Cost	4.88	3.25	4.57	6.35	4.33
<b>Fruits</b>	2.90	3.67	4.40	4.62	5.83
Low-Cost	2.82	3.56	5.42	4.55	10.16
<b>Milk prod.</b>	7.46	7.62	8.05	7.69	11.79
Low-Cost	7.85	8.17	8.11	8.20	12.58
<b>Meat &amp; Bean</b>	0.64	0.87	1.78	2.37	2.65
Low-Cost	0.97	1.79	1.81	3.25	2.43
<b>Other foods</b>	1.78	0.61	1.51	1.36	1.10
Low-Cost	0.68	0.81	0.84	0.37	2.46

Table ES-1b. Thrifty & Low-Cost Food Plan market baskets, quantities of food purchased for a week by age-gender group (Females)

Food Category	12-13 years	14-18 years	19-50 years	51-70 years	71+ years
<b>Total lbs</b>	32.18	32.77	33.51	37.13	32.64
Low -Cost	33.51	35.79	38.13	34-77	29.33
<b>Grains</b>	2.96	3.64	2.77	3.08	2.50
Low -Cost	3.38	3.50	2.84	3.17	2.48
<b>Vegetables</b>	6.18	7.20	7.40	8.44	11.00
Low -Cost	5.70	7.75	7.13	7.35	5.90
<b>Fruits</b>	5.53	5.49	5.62	8.40	4.29
Low-Cost	6.90	6.56	8.02	6.66	5.07
<b>Milk prod.</b>	12.40	12.55	11.53	11.53	10.99
Low-Cost	11.74	11.60	11.87	12.24	11.82
<b>Meat &amp; Bean</b>	2.32	1.63	4.28	4.24	3.14
Low-Cost	2.59	2.45	3.42	2.98	2.53
<b>Other foods</b>	2.78	2.26	1.91	1.43	.72
Low-Cost	3.21	3.94	4.86	2.36	1.53

<b>Food Category</b>	<b>1 year</b>	<b>2-3 years</b>	<b>4-5 years</b>	<b>6-8 years</b>	<b>9-11 years</b>
<b>Total lbs</b>	18.49	19.41	23.23	25.24	34.87
Moderate	23.88	21.01	25.85	26.92	37.95
Liberal	22.37	22.39	32.07	33.47	51.34
<b>Grains</b>	1.29	1.83	2.48	2.51	2.90
Moderate	1.48	1.90	2.64	2.78	2.91
Liberal	0.59	1.20	2.63	2.60	3.36
<b>Vegetables</b>	4.88	3.25	4.57	6.35	4.33
Moderate	6.90	4.09	6.21	5.91	9.86
Liberal	5.24	5.31	4.87	6.24	12.47
<b>Fruits</b>	2.82	3.56	5.42	4.55	10.16
Moderate	3.73	4.46	5.28	5.16	7.33
Liberal	5.23	3.77	11.84	10.79	16.55
<b>Milk products</b>	7.85	8.17	8.11	8.20	12.58
Moderate	8.72	8.77	8.91	8.89	13.14
Liberal	9.58	9.52	9.62	9.57	14.34
<b>Meat &amp; Beans</b>	0.97	1.79	1.81	3.25	2.43
Moderate	1.01	1.44	2.12	3.39	3.26
Liberal	0.98	1.48	2.21	3.14	3.04
<b>Other foods</b>	0.68	0.81	0.84	0.37	2.46
Moderate	2.03	0.36	0.71	0.79	1.44
Liberal	0.75	1.12	0.90	1.13	1.59

# Food Categories & Examples of

## foods in the market baskets-

### Grains



# Food Categories & Examples of foods in the market baskets-Grains

## Food Category

## Examples of foods

Whole grain breads, rice, pasta, and pastries (whole grain flours)

Breads, rolls, muffins, biscuits, bagels, waffles, tortillas, pancakes, rice, pasta, and doughnuts.

Whole grain cereals (including hot cereal mixes)

Whole grain sweetened or non-sweetened ready -to-eat cereals (e.g. frosted and shredded wheat), whole grain cooked breakfast cereals (oatmeal, bulgur), and whole grain baby food cereal.

# Food Categories & Examples of foods in the market baskets-Grains

## Food Category

Popcorn and other whole grain snacks

None-whole grain breads, cereals, rice pasta, pies, pastries, snacks, and flours

## Examples of foods

Popcorn; and other whole grain crackers, cookies, salty snacks, pretzels, breakfast bars, and granola bars

Breads, bagels, biscuits, rolls, tortillas, muffins, and pancakes;; cooked or ready-to-eat non-whole grain cereals; white rice and pasta; cakes and cake mixes, pies, cookies, and doughnuts; corn based snacks, chips, pretzels, and crackers-all made from non-whole grain; and refined flour

# Food Categories & Examples of foods in the market-Vegetables



# Food Categories & Examples of foods in the market-Vegetables

## Food Category

- All potato products
- Dark-green vegetables
- Orange vegetables

## Examples of foods

- Potatoes, instant mashed potatoes, potato puffs, French-fried potatoes and potato chips
- Spinach, broccoli, kale, chard, collards, endive, and mustard greens
- Carrots, sweet potatoes, winter squash, pumpkin, and yams

# Food Categories & Examples of foods in the market-Vegetables (Cont.)

## Food Category

- Canned and dry beans, lentils, and peas (legumes)
- Other vegetables

## Examples of foods

Black, lima, mung, pinto, red, white, navy, pink, and kidney beans; cowpeas; chickpeas; lentils; soybeans; soy flour; and soybean-based meat substitutes

Tomatoes, and tomato products, sweet corn, onions, green peas, green beans, beets, Brussel sprouts, cabbage cauliflower, celery, cucumber, eggplant, lettuce, mushrooms, okra, peppers, radishes, squash, and mixed vegetables

# Food Categories & Examples of foods in the market-Fruit



# Food Categories & Examples of foods in the market-Fruit

## Food Category

- Whole fruits
- Fruit juices

## Examples of foods

- Oranges, bananas, apples, grapes, watermelon, grapefruit, pears, peaches, cherries, strawberries, plums, apricots, cranberries, and blueberries.
- All fresh, canned, and frozen juices and nectars

# Food Categories & Examples of foods in the market- Milk Products



# Food Categories & Examples of foods in the market- Milk Products

## Food Categories

- Whole Milk, yogurt, and cream
- Lower fat and skim milk and low-fat yogurt

## Examples of Foods

- All fluid, evaporated, condensed, and dry whole milk; regular yogurt; all fluid creams; sour creams; cream cheeses; and cream soups
- All fluid, evaporated, and dry reduced-fat and skim milks; reduced-fat, low-fat, and nonfat yogurt; fluid and dry buttermilk; and soy beverages

# Food Categories & Examples of foods in the market- Milk Products (Cont.)

## Food Categories

- All cheese (including cheese soup and sauce)
- Milk drinks and milk desserts

## Examples of Foods

- Natural, processed, and imitation cheeses; cottage cheese, cheese spreads; cheese dips; and cheese soups
- Milk-based drinks( malted milk, milk shakes, and eggnogs); chocolate or cocoa-based drinks; infant formulas, nondairy dessert toppings; and milk-based desserts( ice cream, frozen yogurt, fudgesicles, sherbets, puddings and custards)

# Food Categories & Examples of foods in the market- Meat & Beans



# Food Categories & Examples of foods in the market- Meat & Beans

## Food Category

- Beef, pork, veal, lamb, and game
- Chicken, turkey, and game birds
- Fish and fish products

## Examples of Foods

- Beef, pork, veal, lamb, game meats, organ meats, meat-based soups, meat-based baby foods cured meat products, and processed meat products
- Chicken, turkey, duck, game birds, organ meats, chicken- or turkey based soups, chicken-or turkey based rolls and canned chicken
- Finfish, shellfish, fish chowders, and reconstructed seafood

# Food Categories & Examples of foods in the market- Meat & Beans



# Food Categories & Examples of foods in the market- Meat & Beans

## Food Category

- Bacon, sausages, and luncheon meats (including spreads)
- Nuts nut butters and seeds
- Eggs and egg mixtures

## Examples of Foods

- Bacon, sausages, salami, frankfurters, bologna, pastrami, corned beef, turkey ham, and luncheon meats
- Peanuts, almonds, walnuts, cashews, brazil nuts, and pine nuts; pumpkin, sunflower, and sesame seeds; and peanut butter, and other nut butters made from these nuts and seeds
- Fresh frozen and dried eggs; egg substitutes; meringues, and egg dishes

# Food Categories & Examples of foods in the market- Other Foods



# Food Categories & Examples of foods in the market- Other Foods

## Food Category

- Table fats, oils, and salad dressings
- Gravies, sauces, condiments, and spices
- Coffee and tea
- Soft drinks, sodas, fruit drinks, and ades (including rice beverages)

## Food Category

- Sugars, sweets, and candies
- Soups (ready-to-serve and condensed)
- Soups (dry)
- Frozen or refrigerated entrees (including pizza, fish sticks, and frozen meals)

# Results

- For each age-gender group, the market baskets of the food plans meet all dietary standard except vitamin E, potassium, and sodium. (But contains more than usually consumed)
- Compared with their respective previous market baskets, the new plan baskets contain fewer pounds of grains (but more whole grain products) meat and beans and other foods and more fruit, vegetables and milk products.

# Conclusions

- Revision of the market baskets reflects recent changes in the dietary guidance & incorporates updated information on food composition, consumption patterns and food prices at the same inflation-adjusted costs of the previous food plans.
- The list of foods and quantities specified in the market baskets may be used in nutrition and consumer education programs designed to help people eat a healthful diet at various costs.

# References

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# Questions?

