

Food Costs per Person 2024

The costs are based on the Swedish Consumer Agency's four week menu for normal and special diets. The special diets are gluten-free, lactose-free and milk protein-free diets.

Food costs per person per month (SEK)

Menu	6-11 m	1 year	2-5	6-9	10-13	14-17	18-30	31-60	61-74
Normal diet									
All meals made at home	1 090	1 220	1 630	2 380	2 990	3 600	3 940	3 710	3 330
All meals except week-day lunches made at home	750	910	1 260	1 850	2 320	2 800	3 070	2 890	2 590
Gluten-free diet									
All meals made at home	1 200	1 370	1 740	2 510	3 160	3 800	4 170	3 930	3 520
All meals except week-day lunches made at home	820	1 010	1 340	1 980	2 490	3 000	3 290	3 090	2 780
Lactose-free diet									
All meals made at home	–*	–*	1 740	2 450	3 080	3 710	4 070	3 830	3 440
All meals except week-day lunches made at home	–*	–*	1 350	1 920	2 410	2 900	3 180	3 000	2 690
Milk protein-free diet									
All meals made at home	1 250	1 430	1 710	2 480	3 110	3 750	4 110	3 870	3 470
All meals except week-day lunches made at home	920	1 100	1 340	1 960	2 460	2 960	3 250	3 060	2 750

*There are no calculations for lactose-free diets for children 6-23 months since it is extremely rare with congenital lactose intolerance.

The differences in costs compared to a normal diet (SEK)

Menu	6-11 m	1 year	2-5	6-9	10-13	14-17	18-30	31-60	61-74
Gluten-free diet									
All meals made at home	110	150	110	130	170	200	230	220	190
All meals except week-day lunches made at home	70	100	80	130	170	200	220	200	190
Lactose-free diet									
All meals made at home	–*	–*	110	70	90	110	130	120	110
All meals except week-day lunches made at home	–*	–*	90	70	90	100	110	110	100
Milk protein-free diet									
All meals made at home	160	210	80	100	120	150	170	160	140
All meals except week-day lunches made at home	170	190	80	110	140	160	180	170	160