## Why DC is less caloric on average: Average US calories = 267.92 DC calories = 258.90

```
Σ+↓
                                        Σ+↑
     Σ-↑
                                                Σ-↓
              Σ
          1. cookies+1
   2. peanut butter+1
                                  3. cake with frosting+
                                  4. ice cream-1
     5. chocolate candy+1
                  6. egg-↑l
                 7. crab-↑
               8. shrimp-↑
Food rank
                 9. cake+1
               10. bacon+1
                11. onion-↑
              12. donuts+↓
              13. spinach-↑
                                14. olive oil+↑
                                15. baked potato-↓
               16. tomato-↑
              17. broccoli-↑
                               ■18. banana-⊥
        19. cookie dough+↓
                               20. mashed potatoes-↓
            21. cucumber-↑
                               ີ 22. sunflower seeds to ົກ by
                23. butter+
```

Per food phrase caloric shift