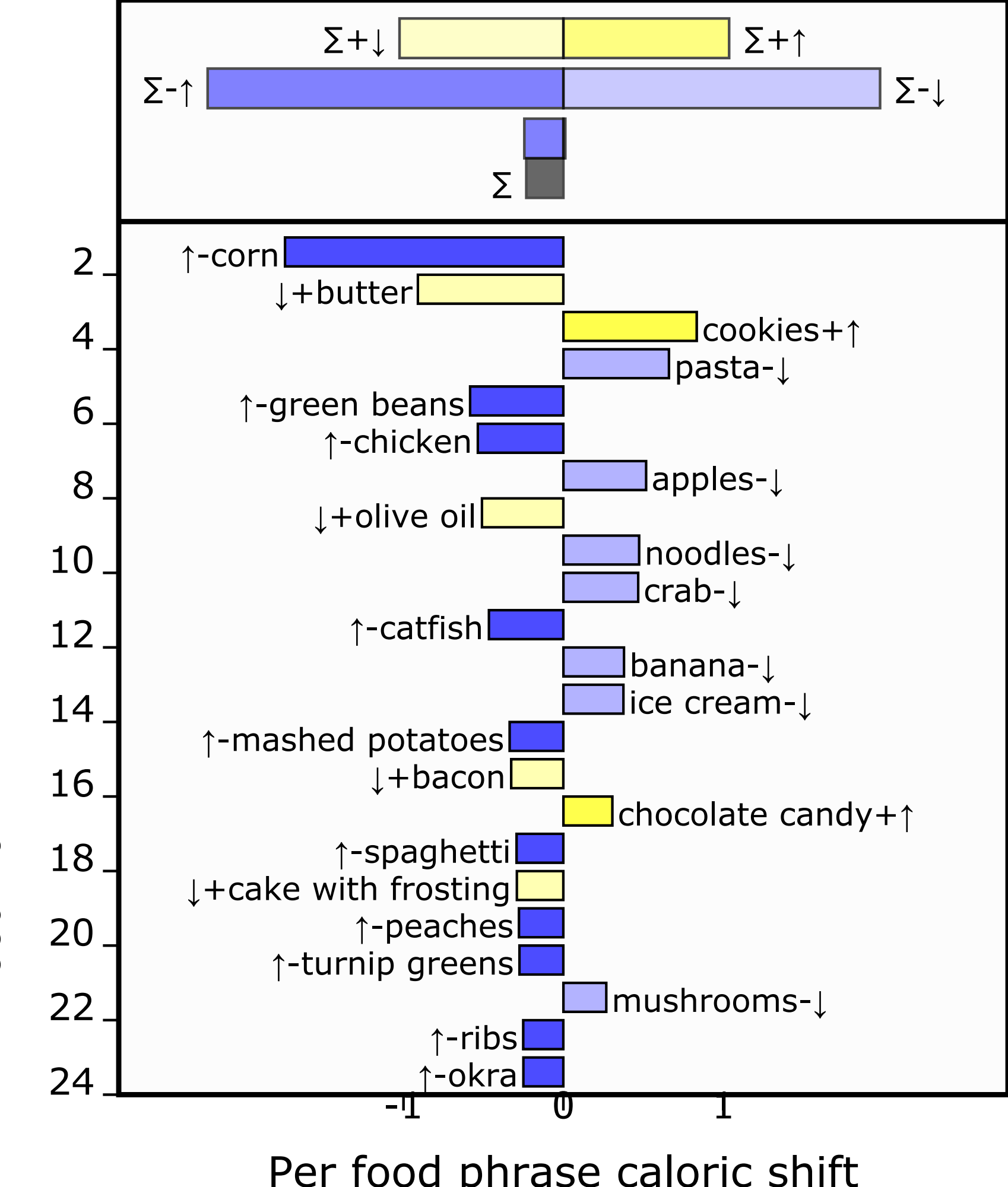
Σ+↓
Σ+↑
Σ-↑
Σ-↓
Σ
↑-corn
↓+butter
cookies+↑
pasta-↓
↑-green beans
↑-chicken
apples-↓
↓+olive oil
noodles-↓
crab-↓
↑-catfish
banana-↓
ice cream-↓
↑-mashed potatoes
↓+bacon
chocolate candy+↑
↑-spaghetti
↓+cake with frosting
↑-peaches
↑-turnip greens
mushrooms-↓
↑-ribs
↑-okra
2
4
6
8
10
12
14
16
18
20
22
24
-1
0
1
Per food phrase caloric shift