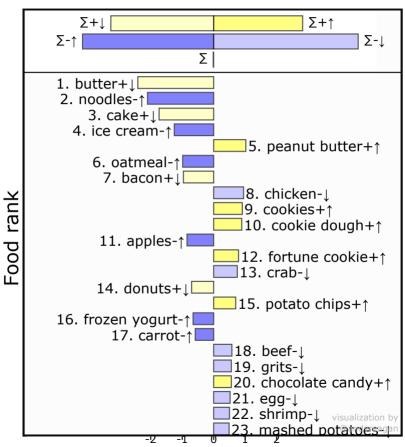**Why Utah is less caloric on average:**

Average US calories = 267.92

Utah calories = 267.87

Food rank

Per food phrase caloric shift

Σ+↓   Σ+↑
Σ-↑   Σ-↓
Σ |

1. butter+↓
2. noodles-↑
3. cake+↓
4. ice cream-↑
5. peanut butter+↑
6. oatmeal-↑
7. bacon+↓
8. chicken-↓
9. cookies+↑
10. cookie dough+↑
11. apples-↑
12. fortune cookie+↑
13. crab-↓
14. donuts+↓
15. potato chips+↑
16. frozen yogurt-↑
17. carrot-↑
18. beef-↓
19. grits-↓
20. chocolate candy+↑
21. egg-↓
22. shrimp-↓
23. mashed potatoes-↓

visualization by

-2   -1   0   1   2