Why West Virginia consumes more calories on average:
Average US calories = 267.92
West Virginia calories = 277.68 (Rank 45 out of 49)

Per food phrase caloric shift

Food rank

$\Sigma+\downarrow$ $\Sigma+\uparrow$
$\Sigma-\uparrow$ $\Sigma-\downarrow$
Σ

1. cookies+↑
2. peanut butter+↑
3. donuts+↓
4. spaghetti-↑
5. noodles-↓
6. onion-↓
7. olive oil+↓
8. mango-↑
9. egg-↓
10. cookie dough+↑
11. baked potato-↑
12. beef-↓
13. sunflower seeds+↑
14. catfish-↑
15. fortune cookie+↑
16. cake+↓
17. grits-↓
18. carrot-↓
19. mayonnaise+↑
20. chicken salad-↑
21. watermelon-↓
22. cucumber-↓
23. grapes-↑