Why North Carolina consumes more calories on average: Average US calories = 267.92 North Carolina calories = 269.31 Σ+↑ Σ+↓ Σ-↓ Σ-↑ Σ 1. butter+↑ 2. grits-↑ 3. cookies+1 chocolate candy+↑ 5. egg-↓ 6. tomato-↓ 7. collards-↑ 8. shrimp-↑ 9. sweet potato-↑ 10. bacon+

Food rank 11. peaches-↑ ■12. ice cream-⊥ 14. ribs-↑ 15. olive oil+ 1 16. green beans-↑ 17. king crab-↑ 18. banana pudding-↑ 19. donuts+↑ 20. cake+↑ 21. chicken salad-↑ 22. lobster-1 

Per food phrase caloric shift