Why Maryland consumes less calories on average:

Average US calories = 267.25

Maryland calories = 261.77 (Rank 7 out of 49)

Food rank

Per food phrase caloric shift

$\Sigma+\downarrow$ $\Sigma+\uparrow$

$\Sigma-\uparrow$ $\Sigma-\downarrow$

Σ

1. crab-↑
2. noodles-↑
3. chicken-↑
4. donuts+↓
5. pasta-↑
6. bacon+↓
7. butter+↓
8. tomato-↓
9. ice cream-↓
10. catfish-↓
11. cookies+↑
12. olive oil+↓
13. pineapple-↓
14. cake with frosting+↓
15. lobster-↓
16. cake+↑
17. green beans-↓
18. applesauce-↑
19. grits-↓
20. mushrooms-↓
21. popcorn+↓
22. oranges-↓
23. carrot-↓