Why Virginia consumes less calories on average: Average US calories = 267.25Virginia calories = 265.76 (Rank 18 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ-↑ Σ 2. noodles-↑ 7. couscous-↑ 14. spinach-↑ 16. beef-↑ 17. mango-↑ 18. shrimp-↑ 19. chicken-↑ 24. crab-↑ 27. green beans-↑ Food rank 30. egg-↑ 31. green onion-↑ 33. lettuce-↑ 35. oranges-↑ 37. strawberries-↑ 38. broiled chicken-↑ 47. king crab-↑ 48. banana-↑ 52. cauliflower-↑ 54. pork-↑ 62. herring-↑ 74. chicken caesar salad-↑

75. beef stew-↑

78. honey baked ham-↑

-1.0 -0.5 0.0 0.5 1.0

Per food phrase caloric shift