Why Vermont consumes more calories on average:

Average US calories = 267.25

Vermont calories = 267.56 (Rank 29 out of 49)

Food rank

Per food phrase caloric shift

Σ+↓   Σ+↑

Σ-↑   Σ-↓

Σ

5. chicken-↓
9. noodles-↓
15. crab-↓
17. beef-↓
18. shrimp-↓
20. strawberries-↓
24. pineapple-↓
26. catfish-↓
27. grits-↓
30. grapes-↓
38. baked potato-↓
60. turkey-↓
61. lobster-↓
62. king crab-↓
66. asparagus-↓
67. collards-↓
68. pasta-↓
77. oatmeal-↓
81. watermelon-↓
82. mac and cheese-↓
84. raspberry-↓
86. mango-↓
87. banana pudding-↓

-5   0   5