```
Why North Carolina consumes more calories on av
Average US calories = 267.25
North Carolina calories = 268.89 (Rank 30 out of 49)
              \Sigma + \downarrow
                                                         \Sigma + \uparrow
                                                           Σ-↓
                                          Σ
                       2. grits-↑
                     7. collards-↑
                      9. shrimp-↑
               10. sweet potato-↑
                         14. ribs-↑
                 16. green beans-↑
                   17. king crab-↑
            20. banana pudding-↑
                     21. peaches-↑
Food rank
               22. chicken salad-↑
                        29. beef-↑
                        30. okra-↑
                      35. catfish-↑
                   40. spaghetti-↑
                     45. cherries-↑
                48. potato salad-↑
                  50. applesauce-↑
                      54. turnips-↑
                     59. spinach-↑
                   62. pineapple-↑
                 63. pinto beans-↑
            64. mashed potatoes-↑
                       70. onion-↑
                Per food phrase caloric shift
```