## Why Utah consumes more calories on average: Average US calories = 267.25Utah calories = 267.37 (Rank 26 out of 49)

	$\Sigma$ + $\downarrow$		$\Sigma$ + $\uparrow$	
Food rank	Σ-↑			∑-↓
		$\sum$		
	1. butter+ $\downarrow$			
	3. cake+↓			
	8. bacon+↓			
	15. donuts+ $\downarrow$			
	23. sunflower seeds $+\downarrow$			
	46. mayonnaise $+\downarrow$			
	54. hard candy+↓			
	64. breadsticks+↓			
	70. pecans $+\downarrow$			
	73. coconut oil+↓			
	77. walnuts+↓			
	81. corn chips+↓			
	86. pistachios+↓			
	87. pretzels+↓			
	89. pecan pie+↓			
	97. cheddar cheese $+\downarrow$			
	104. bacon fat $+\downarrow$			
	105. cashews $+\downarrow$			
	110. apple jacks+↓			
	113. chocolate covered pr+ $\downarrow$			
	114. cheesecake $+\downarrow$			
	127. almond joy $+\downarrow$			
	130. almond butter+ $\downarrow$	1 1		
	-2 -1 (	) 1 2		
	Per food phras	se caloric sh	ift	