Why Idaho consumes less calories on average:

Average US calories = 267.25

Idaho calories = 266.67 (Rank 23 out of 49)

Food rank

- 3. pasta-↑
- 4. baked potato-↑
- 5. egg-↑
- 6. frozen yogurt-↑
- 8. salmon-↑
- 12. apples-↑
- 17. ice cream-↑
- 18. cucumber-↑
- 20. tuna-↑
- 27. carrot-↑
- 32. honey baked ham-↑
- 41. spinach-↑
- 44. okra-↑
- 47. oysters-↑
- 50. raw oysters-↑
- 51. crayfish-↑
- 52. flounder-↑
- 53. catfish-↑
- 54. shrimp-↑
- 55. scrambled eggs-↑
- 60. eggnog-↑
- 65. celery-↑
- 68. greek yogurt-↑

Per food phrase caloric shift