Why Missouri consumes less calories on average:

Average US calories = 267.25

Missouri calories = 263.28 (Rank 10 out of 49)

$\Sigma{+}{\downarrow}$ $\Sigma{+}{\uparrow}$
$\Sigma{-}{\uparrow}$ $\Sigma{-}{\downarrow}$
Σ

1. chocolate candy+↓
2. bacon+↑
3. butter+↓
4. noodles-↑
5. chicken-↑
6. cookies+↓
7. cake+↓
8. tomato-↑
9. cake with frosting+↓
10. green beans-↑
11. papaya-↑
12. cashews+↑
13. mashed potatoes-↑
14. beef-↓
15. blueberry-↑
16. pineapple-↓
17. apples-↓
18. cookie dough+↑
19. corn-↑
20. cucumber-↓
21. grits-↓
22. onion-↑
23. peaches-↑

Food rank

-1   0   1

Per food phrase caloric shift