



- 10. pineapple-↓
- 11. crab-↓
- 12. chicken-↓
- 13. grits-↓
- 14. turkey-↓
- 15. grapes-↓
- 16. shrimp-↓
- 17. pasta-↓
- 21. mango-↓
- 23. spinach-↓
- 28. broccoli-↓
- 30. lobster-↓
- 32. cucumber-↓
- 33. beef-↓
- 34. collards-↓
- 35. banana-↓
- 36. tomato-↓
- 37. peaches-↓
- 39. onion-↓
- 41. apples-↓
- 43. mashed potatoes-↓
- 45. ribs-↓
- 48. watermelon-↓

-5 0 5  
Per food phrase caloric shift