Why Delaware consumes less calories on average: Average US calories = 267.25Delaware calories = 265.92 (Rank 17 out of 49) $\Sigma + \downarrow$ $\Sigma + \uparrow$ Σ - \uparrow Σ - \downarrow Σ 6. tomato-1 9. turkey-↓ 11. onion- \downarrow 14. noodles-↓ 15. carrot-↓ 20. lobster-↓ 23. apples-↓ 25. mushrooms-1 26. oranges-↓ Food rank 27. cucumber-↓ 32. peaches-↓ 33. green beans-↓ 35. kale-↓ 40. shrimp-↓ 43. lettuce-l 44. chicken-↓ **4**5. frozen yogurt-↓ ■46. avocado-↓ **1**49. rice-↓ ■51. beet-↓ ■54. macaroni-↓ ■55. chicken salad-↓ 58. spinach--1 Per food phrase caloric shift