

Year	Meat, eggs incomplete	Nuts & Seeds	Dairy	Legumes	Fruit	Veg.	Grains	Added Fats	Added sugars	Total Acres
SAD	115,447	38	93,724	2,468	4,384	15,338	22,895	0	12,555	266,848
WLSHD	69,870	10,743	66,003	32,454	37,267	31,691	22,967	0	0	270,994

Acres Needed To Grow Our Food

■ SAD Diet ■ WLS Healthy Diet

