

Source: U.S. Department of Agriculture, Economic Research Service,
 Food Consumption, Prices, and Expenditures,
 Food Availability(Per Capita) Data System;
 \<http://www.ers.usda.gov/data/foodconsumption/\>

Standard American Diet (SAD)				Western Lake Superior Healthy Diet		
	91cal/240cal ratio					
Crop Consumption	#/per.	#/region ⁵⁸	%	#/per.	#/region ⁵⁸	%
Fruits, total	265.0	127,160,533.0	99.85%	698.9	335,368,433.8	100.0%
Apples	19.4	9,313,742.4	7.32%	174.72	83,842,108.5	25.0%
<i>Bananas</i>	20.8	9,966,463.7	7.84%			
<i>Cantaloupes</i>	5.8	2,783,164.8	2.19%			
Grapes	4.0	1,926,056.6	1.51%	13.98	6,707,368.7	2.0%
<i>Peaches and nectarini</i>	7.1	3,396,286.7	2.67%			
Pears	2.6	1,260,821.6	0.99%	69.89	33,536,843.4	10.0%
<i>Pineapples</i>	1.5	713,275.0	0.56%			
Plums and prunes	1.5	733,293.0	0.58%	20.97	10,061,053.0	3.0%
Strawberries	2.0	942,970.6	0.74%	34.94	16,768,421.7	5.0%
Watermelons	10.7	5,134,459.2	4.04%			
Other	5.1	2,439,910.5	1.92%			
Blueberries				13.98	6,707,368.7	2.0%
Pie Cherries				6.99	3,353,684.3	1.0%
Raspberries				6.99	3,353,684.3	1.5%
June Berries				3.49	1,676,842.2	0.5%
<i>Oranges citrus</i>	14.3	6,853,432.5	5.39%			
<i>Grapefruit citrus</i>	7.3	3,501,615.3	2.75%			
<i>Other citrus</i>	4.5	2,145,647.2	1.69%			
Processed Frozen\A	3.3	1,590,694.0	1.25%	13.98	6,707,368.7	2.0%
Processed Dried\B	11.2	5,372,226.7	4.22%	55.91	26,829,474.7	8.0%
Processed Canned\C	24.5	11,780,117.6	9.26%	34.94	16,768,421.7	5.0%
Processed Fruit\D	119.0	57,118,355.8	44.92%	244.61	117,378,951.8	35.0%
	Ratio Multiplier	2.6373626		349.4	167,684,216.9	50.00%
Apples (18,586# acre) ³⁰		1,252.8 acres			9,022.1 acres	
Grapes (10,228# acre) ³⁰		470.8 acres			1,311.6 acres	
Pears (12,736#acre) ³⁰		247.5 acres			5,266.5 acres	
Plums & Prunes (3,640#acre) ³⁵		503.6 acres			4,146.0 acres	
Strawberries (4,080#acre) ³⁰		231.1 acres			8,219.8 acres	
Blueberries (2,124#acre) ³⁰		0.0 acres			4,736.8 acres	
Cherry Sweet (3,838#acre) ³⁰		0.0 acres			1,310.7 acres	
Raspberries (5,000#acre) ³⁴		0.0 acres			1,341.5 acres	
June Berries (3,500#acre) ³⁷		0.0 acres			718.6 acres	
Other (3,616#acre) ^{30&31&36&38/39}		1,686.9 acres				
Cranberries (10,400#acre) ³¹		0.0 acres			460.4 acres	
Cherry Tart (6321#acre) ³⁰		0.0 acres			378.8 acres	
Currents/Goos (8,350#acre) ^{38 & 39}		0.0 acres			286.7 acres	
Choke Cherry (15,000#acre) ³⁶		0.0 acres			142.7 acres	
		4,480.6 acres			38,089.1 acres	

Western Lake Superior Healthy Diet was determined by a "task force" of doctors, dietitians, & nutritionist. LAFS Assessment of WLS, HFHLI Grant, Fall 2009

Note 1- The "Other" category was determined by averaging the 4 other crops listed for the new diet
 Note 2 - This is pounds available, not necessarily pounds consumed due to waste and spoilage
 Note 3 - Percent column doesn't always equal 100 due to rounding
 Note 4 - The Region consists of MN 8 northeastern counties and WI's 7 northwestern counties
 Note 5 - 2% was added to the total to account for the acres needed to produce seeds & pl
 SAD DIET ASSUMPTIONS - A/B/C/D - Processing represents 60% of the SAD fruit consumed
 A/B/C/D - The SAD percents suggested we use a 2.5 multiplier to determine acres needed
 WLS HEALTHY DIET ASSUMPTIONS - A/B/C/D - Processing represents 50% of the WLSHD fruit consumed
 A/B/C/D - The WLSHD percents suggested we use a 2.0 multiplier to determine acres needed
 A/B/C/D - 10# Cranberries, 5# Currents, 5# Tart Cherries, 4.47# Choke Cherry replaced half (48.93#)
 of the Juneberries, Blueberries, Plums, & Sweet Cherry for processing
 Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.