

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/\>

<b>Standard American Diet (SAD)</b>				<b>Western Lake Superior Healthy Diet</b>		
	626cal/480cal ratio					
Crop Consumption	#/per.	#/region <sup>58</sup>	%	#/per.	#/region <sup>58</sup>	%
Flour and cereal produc	192.8	92,537,327.9	99.40%	147.9	70,955,139.3	100.0%
Wheat flour	134.5	64,533,433.3	69.74%	94.6	45,411,289.1	64.0%
Rye flour	0.0	0.0	0.00%	3.0	1,419,102.8	2.0%
Rice, milled	20.7	9,925,053.2	10.73%	x	x	x
Corn products	31.9	15,307,406.4	16.54%	22.2	10,643,270.9	15.0%
Oat products	4.6	2,216,347.7	2.40%	7.4	3,547,757.0	5.0%
Barley products	0.0	0.0	0.00%	13.3	6,385,962.5	9.0%
Wild Rice				5.2	2,483,429.9	3.5%
Quinoa				1.5	709,551.4	1.0%
Amaranth				0.7	354,775.7	0.5%
		Ratio Multiplier .766773				
Wheat(54.93Bx60=3296# acre) <sup>7</sup>		19,579.3 acres			13,777.7 acres	
Rye (34Bx56=1904# acre) <sup>25</sup>		0.0 acres			745.3 acres	
Corn(121.57x56=6808#acre) <sup>7</sup>		2,248.4 acres			1,563.3 acres	
Oat (62.11Bx32=1987# acre) <sup>7</sup>		1,115.4 acres			1,785.5 acres	
Barley(59.42x48=2852# acre) <sup>7</sup>		0.0 acres			2,239.1 acres	
Wild Rice (296# acre) <sup>53</sup>				¼ grow	2,097.5 acres	
Quinoa(1572# acre) <sup>26</sup>		0.0 acres			451.4 acres	
Amaranth(1000# acre) <sup>27</sup>		0.0 acres			354.8 acres	
		<b>23,402.1 acres</b>			<b>23,474.9 acres</b>	

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

- Note 1 - Pounds available, not necessarily consumed due to waste and spoilage
- Note 2 - % column doesn't always equal 100 due to rounding
- Note 3 - The Region consists of MN 8 northeastern counties and WI's 7 northwestern counties
- Note 4 - This is grain directly consumed by people, not the grain that is grown for livestock.
- Note 5 - Wheat, Oats, Barley, Corn figures from The mtg.org Report
- Note 6 - Spring/Summer wheat and corn were averaged from 3 data points from The 2008 NE Report
- Note 7 - Whole Grains Rice levels are realized equally with Amaranth, Quinoa, Wild Rice and Barley
- Note 8 - Wild Rice natural production should be preserved and protected for their huge food benefi
- Note 9 - The Wild Rice grown should not be genetically modified so as to preserve the native speci
- Note 10 - 2% was added to the total to account for the acres needed to produce see
- Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.