

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		
	9cal/145cal ratio					
Crop Consumption	#/per.	#/region⁵⁸	%	#/per.	#/region⁵⁸	%
Legumes	8.5	4,078,776.0	99.76%	136.9	65,713,612.9	100.0%
<i>Dry Beans Total</i>	4.5	2,159,352.0	52.94%	72.6	34,828,214.8	53.0%
Pinto	2.7	1,305,208.3				
Navy	0.9	422,273.3				
Great Northern	0.3	143,956.8				
Red Kidney	0.5	239,928.0				
Lima	0.1	47,985.6				
Lentils	2.1	1,007,697.6	24.71%	34.2	16,428,403.2	25.0%
Others	1.9	902,129.3	22.12%			
Dry Peas				30.1	14,456,994.8	22.0%
		Ratio Multiplier	16.1111			
Dry Beans(1851# acre) ²⁸		1,166.6 acres			18,815.9 acres	
Lentils(1229# acre) ²⁹		819.9 acres			13,367.3 acres	
Other/ Dry Peas (1855#acre) ²⁹		486.3 acres			7,793.5 acres	
		2,522.3 acres			40,776.2 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 - 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 - Total legume pounds in SAD diet was changed to equal the sum total of beans below.
- Note 5 - Legume yields were determined by the average of the 5 years of production (ERS source)
- Note 6 - 2% was added to the total to account for the acres needed to produce se
- Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.