

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) 284cal/200cal ratio				Western Lake Superior Healthy Diet		
Consumption	#/per.	#/region <sup>58</sup>	%	#/per.	#/region <sup>58</sup>	%
<b>Dairy products, total \3</b>	<b>606.3</b>	<b>290,918,017.9</b>	<b>100.0%</b>	<b>426.9</b>	<b>204,871,843.0</b>	<b>100.0%</b>
Fluid milk products \4	22.3	10,711,247.1	10.6%	15.7	7,543,131.8	10.6%
Beverage milks						
Plain whole milk	6.4	3,092,841.2	3.1%	4.5	2,178,057.2	3.1%
Plain reduced fat mi	6.9	3,312,688.2	3.3%	4.9	2,332,879.0	3.3%
Reduced fat milk (1%	5.8	2,774,645.1	2.7%	4.1	1,953,975.4	2.7%
Flavored whole milk	0.3	134,284.6	0.1%	0.2	94,566.6	0.1%
Flavored milks other	1.4	692,180.7	0.7%	1.0	487,451.2	0.7%
Buttermilk	0.2	93,477.8	0.1%	0.1	65,829.4	0.1%
Yogurt (excluding froz	20.4	9,778,072.6	9.7%	14.4	6,885,966.6	9.7%
Fluid cream products \5						
Cream \6	15.4	7,399,738.8	7.3%	10.9	5,211,083.6	7.3%
Sour cream and dips	7.9	3,794,377.4	3.8%	5.6	2,672,096.8	3.8%
Condensed and evaporated milks						
Whole milk	2.2	1,055,683.2	1.0%	1.5	743,438.9	1.0%
Skim milk	4.2	2,015,395.2	2.0%	3.0	1,419,292.4	2.0%
Cheese \7 (lbs)						
American \8	13.1	6,286,113.6	6.2%	9.2	4,426,840.6	6.2%
Cheddar	10.4	4,990,502.4	4.9%	7.3	3,514,438.3	4.9%
Italian \8	13.8	6,622,012.8	6.6%	9.7	4,663,389.3	6.6%
Mozzarella	10.5	5,038,488.0	5.0%	7.4	3,548,231.0	5.0%
Other \8	5.0	2,399,280.0	2.4%	3.5	1,689,633.8	2.4%
Swiss	1.3	623,812.8	0.6%	0.9	439,304.8	0.6%
Cream and Neufchate	2.5	1,199,640.0	1.2%	1.8	844,816.9	1.2%
Cottage cheese, total						
Lowfat	2.6	1,247,625.6	1.2%	1.8	878,609.6	1.2%
Lowfat	1.4	671,798.4	0.7%	1.0	473,097.5	0.7%
Frozen dairy products						
Ice cream	14.4	6,909,926.4	6.8%	10.1	4,866,145.3	6.8%
Lowfat ice cream	6.8	3,263,020.8	3.2%	4.8	2,297,902.0	3.2%
Sherbet	1.1	527,841.6	0.5%	0.8	371,719.4	0.5%
Frozen yogurt	1.4	671,798.4	0.7%	1.0	473,097.5	0.7%
	210.28	Ratio Multiplier	.70422535	148.08		
Protein Vit Min. #4,042.10 <sup>6</sup>			1.5 acres			1.5 acres
Complete Ration #34,752.50 <sup>6</sup>			2.2 acres			2.2 acres
Corn (bu.) 63.30 <sup>7</sup>			0.6 acres			0.6 acres
Corn Silage #19,968.20 <sup>7</sup>			0.8 acres			0.8 acres
Hay, Alfalfa #3,581.10 <sup>7</sup>			0.6 acres			0.6 acres
Haylage, Alfalfa #5,992.00 <sup>6</sup>			0.3 acres			0.3 acres
Other feed stuff #3,290.10 <sup>6</sup>			0.3 acres			0.3 acres
Straw Bedding <sup>6</sup>			0.5 acres			0.5 acres
Per Dairy Cow			6.8 acres			6.8 acres
Per Dairy Cow			20,946.0 #milk <sup>7</sup>			20,946.0 #milk
Regional Needs			13,889 #cows			9,781 #cows
No. Farms Needed			92 #farms <sup>7</sup>			65 #farms
Land Needed			95,798.50 acres			67,463.74 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 - These numbers are from an averaging of 351 farms and includes cow replacement inputs.  
 Note 2 - The milk and 7 resource numbers is a five year average from 2004 - 2008  
 Note 3 - Organic per cow annual yields run 67% of conventional operations  
 Note 4 - Number of farms needed is based on the average of 151 cows per/farm in the 2008 study  
 Note 5 - The WLSHD assumes a grass-fed based dairy operation which would increase the acres needed.  
 Note 6 - 2% was added to the total to account for the acres needed to seed these crops  
 Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.