

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) 459cal/0cal ratio</b>				<b>Western Lake Superior Healthy Diet</b>		
Consumption	#/per.	#/region <sup>58</sup>	%	#/per.	#/region	%
<b>Caloric sweeteners, total</b>	<b>138.9</b>	<b>66,644,025.8</b>	<b>98.9%</b>			
Sugar, refined cane and beet	62.3	29,907,828.5	44.9%			
Corn sweeteners	75.0	35,989,536.2	54.0%			
High fructose corn syrup	58.2	27,916,310.1				
<b>Maple Syrup</b>	<b>x</b>	<b>x</b>	<b>x</b>			
<b>Honey</b>	<b>x</b>	<b>x</b>	<b>x</b>			
<b>Production/acreage</b>						
<b>Sugar (cane 45% cannot grow in MN)<sup>45</sup></b>			<b>x</b>	<b>x</b>		
<b>Sugar (Beet 55% 46,720 x .17 #/acre)<sup>45 &amp; 50</sup></b>		<b>2,071.1 acres</b>				
<b>Corn Sweeteners Total</b>		<b>10,499.7 acres</b>				
<b>Corn Syrup (1.77 #Corn/1.0 #HFCS)<sup>45 &amp; 47</sup></b>						
<b>Maple Syrup (0.18 lbs/person)<sup>45 &amp; 48</sup></b>			<b>x</b>	<b>x</b>		
<b>Honey (1.42lbs/person)<sup>45 &amp; 48</sup></b>			<b>x</b>	<b>x</b>		
		<b>12,822.2 acres</b>		<b>0.0 acres</b>		

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

- Note 1 - WLSHD does not include added sugars in this diet
- Note 2 - The "Healthy Diet Task Force" did recognize that sugars may be desired and offered Maple Syrup and Honey as options
- Note 3 - % column doesn't always equal 100 due to rounding
- Note 4 - The "Healthy Diet Task Force" did recognize that sugars may be the last part of the diet to localize
- Note 5 - 95% of beets grown in the US are now genetically modified plantings
- Note 6 - % beet vrs cane sugar consumption is based on US production levels (What we actually consumes may be different)
- Note 7 - Corn/HFCS ratio was taken from Table 30 of USDA divided into Industrial Use of Corn, (HFCS) numbers
- Note 8 - Total Corn Sweeteners used Corn/HFCS calculation to determine acres needed
- Note 9 - State production of Maple Syrup & Honey divided by the population resulted in these numbers
- Note 10 - 17% sugar content was used for the beet to sugar conversion calculations
- Note 11 - 2% was added to the total to account for the acres needed to produce seeds & plants for planting.
- Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.