

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		
	121cal/250cal ratio					
Consumption	#/per.	#/region ⁵⁸	%	#/per.	#/region ⁵⁸	%
Vegetables, total	338.6	162,470,701.4	100.0%	699.55	335,683,267.0	100.0%
Fresh vegetables	151.6	72,743,980.3	44.8%	313.21	150,297,479.7	44.8%
Asparagus (all uses)	0.3	141,057.8	0.1%	0.61	291,441.7	0.1%
Broccoli	1.4	672,258.0	0.4%	2.89	1,388,962.8	0.4%
Cabbage	8.0	3,837,517.7	2.4%	16.52	7,928,755.5	2.4%
Carrots	6.2	2,951,504.4	1.8%	12.71	6,098,149.7	1.8%
Cauliflower	1.1	544,299.6	0.3%	2.34	1,124,586.0	0.3%
Celery (all uses)	7.4	3,537,278.7	2.2%	15.23	7,308,427.1	2.2%
Corn	6.5	3,118,242.2	1.9%	13.43	6,442,649.2	1.9%
Cucumbers	3.9	1,853,275.9	1.1%	7.98	3,829,082.5	1.1%
Head lettuce	25.6	12,299,296.0	7.6%	52.96	25,411,768.5	7.6%
Mushrooms	1.2	576,766.4	0.4%	2.48	1,191,666.0	0.4%
Onions	11.4	5,461,780.4	3.4%	23.52	11,284,670.3	3.4%
Snap beans	1.3	630,845.7	0.9%	2.72	1,303,400.1	0.9%
Bell peppers (all use)	2.9	1,384,499.7	0.9%	5.96	2,860,536.6	0.9%
Potatoes	51.1	24,530,999.2	15.1%	105.62	50,683,882.5	15.1%
Sweet potatoes (all u)	4.4		1.3%	9.06	4,349,148.7	1.3%
Tomatoes	12.8	6,156,212.2	3.8%	26.51	12,719,446.7	3.8%
Other fresh vegetable	6.0	2,860,979.1	1.8%	12.32	5,911,113.8	1.8%
Processed vegetables	187.0	89,726,721.2	55.2%	386.34	185,385,787.3	55.2%
Vegetables for freezi	51.5	24,733,077.6	15.2%	106.49	51,101,399.9	15.2%
Vegetables for canning	102.5	49,189,904.0	30.3%	211.80	101,632,032.9	30.3%
Vegetables for dehydr	10.5	5,061,552.6	3.1%	21.79	10,457,753.2	3.1%
Potatoes for chips	16.5	7,911,375.1	4.9%	34.06	16,345,816.3	4.9%
Pulses	5.9	2,830,812.0	1.7%	12.19	5,848,785.1	1.7%
	Ratio Multiplier		2.0661157			
Fresh vegetables						
Asparagus (#4,400/acre) ¹⁵		32.1	acres		66.2	acres
Broccoli (#7,300/acre) ¹⁵		92.1	acres		190.3	acres
Cabbage (#13,700/acre) ¹⁵		280.1	acres		578.7	acres
Carrots (#19,400/acre) ¹⁵		152.1	acres		314.3	acres
Cauliflower (#10,800/acre) ¹⁵		50.4	acres		104.1	acres
Celery (#32,000) ¹⁵		110.5	acres		228.4	acres
Corn (#6200) ¹⁵		502.9	acres		1,039.1	acres
Cucumbers (#8400) ¹⁵		220.6	acres		455.8	acres
Head lettuce (#9100) ¹⁵		1,351.6	acres		2,792.5	acres
Mushrooms (#650) ⁵²		887.3	acres		1,833.3	acres
Onions (#19,800) ¹⁵		275.8	acres		569.9	acres
Snap beans (#4600) ¹⁵		137.1	acres		283.3	acres
Bell peppers (#6900) ¹⁵		200.7	acres		414.6	acres
Potatoes (#15,200) ¹⁵		1,613.9	acres		3,334.5	acres
Sweet potatoes (all uses)		x	x		x	x
Tomatoes (#11,000) ¹⁵		559.7	acres		1,156.3	acres
Other fresh vegetables (#10,840)		263.9	acres		545.3	acres
Processed vegetables						
Vegetables/freezing (#10,840) ¹⁵		2,281.6	acres		4,714.2	acres
Vegetables/canning (#10,840) ¹⁵		4,537.8	acres		9,375.6	acres
Vegetables/dehydrating (#10,840)		466.9	acres		964.7	acres
Potatoes for chips (#15,200) ¹⁵		520.5	acres		1,075.4	acres
Pulses (#3,400) ¹⁵ average beans &		832.6	acres		1,720.2	acres
		15,677.8	acres		32,392.1	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 - For other, freezing, canning and dehydrating the average vegetable yield of 10,840 lbs/acre was used
 Note 2 - Vegetable yields per/acre are above and below these numbers. Difinitive numbers is debatable
 Note 3 - Sweet Potato is a marginal crop for this northern climate and it has been removed from the totals
 Note 4 - There are some "other" crops that are very productive per acre that could reduce the overall acreage
 Note 5 - 2% was added to the total to account for the acres needed to produce seeds & plants for farming.
 Final Note - The 2008 Census Estimate of 479,856 was used as our population calculator.