Health and/or well-being quantity	$\hat{\rho}_{\mathrm{s}}$ for C_{diff}	q-val	$\hat{\rho}_{\mathrm{s}}$ for C_{in}	q-val	$\hat{\rho}_{\mathrm{s}}$ for C_{out}	q-val
1. % no physical activity in past 30 days [24]	-0.78	3.42×10^{-09}	0.58	4.91×10^{-05}	-0.66	1.59×10^{-06}
2. % have been physically active in past 30 days [24]	0.78	3.42×10^{-09}	-0.58	5.50×10^{-05}	0.67	1.39×10^{-06}
3. % high blood pressure [24]	-0.77	3.60×10^{-09}	0.39	1.16×10^{-02}	-0.78	3.42×10^{-09}
4. Heart disease death rate [27]	-0.75	1.09×10^{-08}	0.38	1.24×10^{-02}	-0.73	2.07×10^{-08}
5. Adult diabetes rate [25]	-0.74	1.25×10^{-08}	0.34	2.77×10^{-02}	-0.77	3.42×10^{-09}
6. CNBC quality of life ranking [26]	-0.74	2.07×10^{-08}	0.33	3.22×10^{-02}	-0.77	3.60×10^{-09}
7. % adult overweight/obesity [27]	-0.7	1.48×10^{-07}	0.53	3.14×10^{-04}	-0.59	3.56×10^{-05}
8. Gallup Wellbeing score [4]	0.7	3.08×10^{-07}	-0.33	3.38×10^{-02}	0.73	4.35×10^{-08}
9. % adult obesity [25]	-0.69	3.40×10^{-07}	0.52	4.11×10^{-04}	-0.59	3.56×10^{-05}
10. America's Health Rankings, overall [24]	-0.69	1.39×10^{-06}	0.4	9.14×10^{-03}	-0.67	2.77×10^{-06}
11. Life expectancy at birth [27]	0.67	9.05×10^{-07}	-0.36	1.59×10^{-02}	0.65	2.67×10^{-06}
12. % who eat fruit less than once a day [28]	-0.65	2.67×10^{-06}	0.57	7.45×10^{-05}	-0.51	5.89×10^{-04}
13. % child overweight/obesity [27]	-0.64	3.06×10^{-06}	0.34	2.78×10^{-02}	-0.64	3.06×10^{-06}
14. % who eat vegetables less than once a day [28]	-0.61	1.54×10^{-05}	0.53	3.14×10^{-04}	-0.46	1.69×10^{-03}
15. Median daily intake of fruits [28]	0.59	3.56×10^{-05}	-0.59	3.56×10^{-05}	0.41	5.73×10^{-03}
16. Smoking rate [27]	-0.59	3.77×10^{-05}	0.47	1.60×10^{-03}	-0.48	1.24×10^{-03}
17. Median daily intake of vegetables [28]	0.5	7.64×10^{-04}	-0.56	1.03×10^{-04}	0.31	4.09×10^{-02}
18. Median household income [27]	0.48	1.38×10^{-03}	-0.5	8.58×10^{-04}	0.4	9.07×10^{-03}
19. % high cholesterol [24]	-0.48	1.28×10^{-03}	0.24	1.15×10^{-01}	-0.48	1.05×10^{-03}
20. Colorectal cancer rate [25]	-0.47	1.68×10^{-03}	0.56	1.37×10^{-04}	-0.27	8.35×10^{-02}
21. Brain health ranking [29] (lower is better)	-0.46	1.91×10^{-03}	0.55	1.74×10^{-04}	-0.29	5.43×10^{-02}
22. US Census Gini index score [30] (lower is better)	-0.44	3.41×10^{-03}	0.11	5.12×10^{-01}	-0.5	6.22×10^{-04}
23. % with bachelor's degree or higher [6]	0.42	4.99×10^{-03}	-0.43	4.21×10^{-03}	0.33	2.78×10^{-02}
24. Avg # poor mental health days, past 30 days [24]	-0.39	1.05×10^{-02}	0.1	5.31×10^{-01}	-0.48	1.23×10^{-03}
25. Neuroticism Big Five personality trait [31]	-0.37	1.30×10^{-02}	0.23	1.35×10^{-01}	-0.37	1.42×10^{-02}
26. Extraversion Big Five personality trait [31]	-0.34	2.78×10^{-02}	0.13	4.13×10^{-01}	-0.29	5.36×10^{-02}
27. Farmers markets per 100,000 in pop. [28]	0.33	2.88×10^{-02}	-0.01	9.59×10^{-01}	0.42	5.41×10^{-03}
28. Binge drinking rate [24]	0.33	2.88×10^{-02}	-0.12	4.88×10^{-01}	0.41	6.23×10^{-03}
29. Avg # poor physical health days, past 30 days [24]	-0.32	3.83×10^{-02}	0.16	3.32×10^{-01}	-0.38	1.16×10^{-02}
30. Strolling of the Heifers locavore score (lower is better) [32]	-0.31	4.52×10^{-02}	-0.16	3.32×10^{-01}	-0.45	3.16×10^{-03}
31. % schools offering fruit/veg at celebrations [28]	0.25	1.13×10^{-01}	-0.38	1.36×10^{-02}	0.05	7.75×10^{-01}
32. Openness Big Five personality trait [31]	0.23	1.30×10^{-01}	-0.42	5.43×10^{-03}	0.04	7.95×10^{-01}
33. % cropland harvested for fruits/veg [28]	0.18	2.58×10^{-01}	-0.53	2.90×10^{-04}	-0.04	7.95×10^{-01}
34. Conscientiousness Big Five personality trait [31]	-0.1	5.31×10^{-01}	0.14	3.97×10^{-01}	-0.05	7.78×10^{-01}
35. % census tracts, healthy food retailer within 1/2 mile [28]	-0.06	7.41×10^{-01}	-0.39	1.09×10^{-02}	-0.24	1.28×10^{-01}
36. George Mason overall freedom ranking [33] (lower is freer)	-0.02	8.82×10^{-01}	-0.05	7.73×10^{-01}	-0.1	5.58×10^{-01}
37. Agreeableness Big Five personality trait [31]	0	9.85×10^{-01}	0.24	1.26×10^{-01}	0.08	6.41×10^{-01}

S3 Table. Identical to Tab. 1 but including liquids and using a caloric difference rather than caloric ratio. Spearman correlation coefficients, $\hat{\rho}_{\mathrm{s}}$, and Benjamini-Hochberg q-values for caloric input C_{in}, caloric output C_{out}, and caloric difference $C_{\mathrm{diff}}(\alpha) = \alpha C_{\mathrm{out}} + (1 - \alpha)C_{\mathrm{in}}$ and demographic data related to food and physical activity, Big Five personality traits [31], health and well-being rankings by state, and socioeconomic status, correlated, ordered from strongest to weakest Spearman correlations with caloric ratio. We chose α so that the average of C_{out} matched the average of αC_{in}.