



Theobroma cacao

Fast Facts: Cacao pods were first used by the Mayans over 2,000 years ago to make a bitter drink. Today, most of the world's cacao supply is grown in West Africa.



Hershey's Milk Chocolate

Fast Facts: Chocolate was introduced to Europe by Spanish explorers in the 16th century. Today, the average American eats 10 pounds of chocolate per year.



Animal Hooves

Fast Facts: Animal hooves, bones, and connective tissue contain collagen, a protein that makes them elastic. Collagen makes up one third of the protein in the human body.



Jell-O

Fast Facts: Jell-O hardens because it is largely composed of collagen, a fibrous protein. In the United States, nine boxes of Jell-O are sold every second.



Corn (*Zea mays*)

Fast Facts: The state of Iowa grows 2 billion bushels of corn annually. One bushel of corn produces 38 boxes of Corn Flakes, 22 hamburgers, or 324 cans of soda.



Soft Drink

Fast Facts: Every second over 7,000 Coca-Cola products are consumed. The Varsity restaurant in Atlanta serves the largest volume of Coca-Cola anywhere...3 million servings per year.



Chicle (*Manilkara zapota*)

Fast Facts: Chicle is the sap of the *Manilkara zapota* tree. It is a form of natural rubber, removed from the tree in much the same way as maple syrup, that softens at body temperature.



Wrigley's Chewing Gum

Fast Facts: North American children spend more than half a billion dollars on gum every year. It is illegal to manufacture, import, or sell gum in the country of Singapore.



***Brassica* spp**

Fast Facts: The spicy seeds of this plant are used to make the second most popular condiment in the United States. When sprinkled in socks, it saves toes from frostbite.



French's *Classic Yellow*

Fast Facts: French's *Classic Yellow* is the number one best selling mustard in the United States. It is made using only the finest grade mustard seeds.



Eggs

Fast Facts: Eggs develop from the inside out, from the yolk to the outer shell. Hens produce between 250 and 300 eggs per year.



Hellmann's Real Mayonnaise

Fast Facts: Mayonnaise is an emulsion, a mixture of two substances, like oil and water, that do not normally combine. Hellmann's is America's favorite mayonnaise.



Mallow Root (*Althaea officinalis*)

Fast Facts: Sap from the “jelly-like” root of *Althaea officinalis* has been used to make candy and confections. In today’s recipes, the root has been replaced by gelatin.



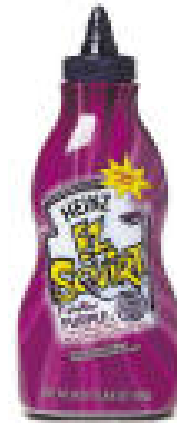
Marshmallows

Fast Facts: Today, marshmallow manufacturers use gelatin to give marshmallows their shape. More than 90 million pounds of Jet-Puffed Marshmallows are purchased per year in the US.



Tomato (*Lycopersicon esculentum*)

Fast Facts: Once thought to be poisonous, this fruit is consumed daily by most all Americans. Tomato juice is the official state drink of Ohio.



Ketchup

Fast Facts: Ketchup was first made of mushrooms or fish brine, herbs, and spices. Children are the number one consumers of ketchup, eating more than 5 billion oz. per year.



Vanilla planifolia

Fast Facts: Once pollinated by hummingbirds and bees, this flower is now pollinated by hand. Pods of this orchid are used to make the most popular flavoring in the world.



Pure Vanilla Extract

Fast Facts: Pure vanilla extract contains 300 chemicals. Artificial vanilla flavoring contains only vanillin (the major component of pure vanilla) and can be synthesized from coal, oil, or wood.



Saccharum officinarum

Fast Facts: This plant is a member of the grass family, with cane-like stalks that contain a sweet, juicy sap. A refined version of the sap is consumed daily by all Americans.



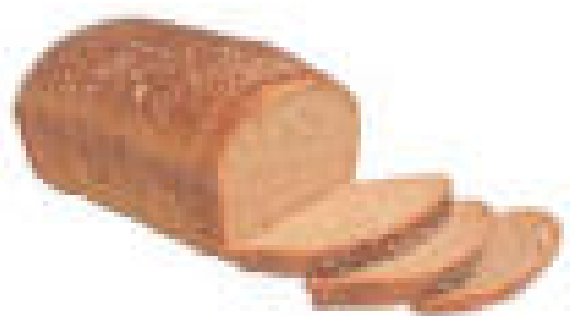
Sugar

Fast Facts: Sugar is extracted from two different plant sources, sugar cane and sugar beets. There are 725,000 sugar crystals in one cube of sugar.



Wheat (*Triticum aestivum*)

Fast Facts: One bushel of wheat produces 42 pounds of white flour. There are more than 600 pasta shapes produced worldwide.



Bread

Fast Facts: Each American, on average, consumes 53 pounds of bread per year. Farmers receive approximately 5 cents (or less) from each loaf of bread sold.



Coffea spp

Fast Facts: Seeds of this plant were stolen from Arabia to bring it to Europe, and eventually the new world. Columbia is the western hemisphere's largest producer of this plant.



Coffee

Fast Facts: A cup of coffee contains 450 chemical compounds that are responsible for its characteristic flavor. There are 7,569 Starbucks locations worldwide.



Soybean (*Glycine max*)

Fast Facts: Soybeans are a complete source of protein, and as a result, soy products are often used as a meat substitute. Soybean oil is the most widely used vegetable oil.



Tofu

Fast Facts: Used in China and Japan as early as 164 B.C., tofu can be fried, baked, mashed, marinated, barbecued, and frozen. Tofu is a common replacement for meat in recipes.



Arachis hypogaea

Fast Facts: While many people believe the seed of this plant to be a nut, it is actually a legume, related to beans. This plant covers thousands of acres in south Georgia.



Peanut Butter

Fast Facts: The main ingredient of peanut butter is a member of the legume family. It takes 850 peanuts to make an 18 oz. jar of peanut butter.



Cow

Fast Facts: The average cow drinks 30 gallons of water and eats 95 pounds of feed per day. A 1,000 pound cow produces 10 tons of manure per year.



Milk

Fast Facts: Milk is an emulsion of fat and protein in water, along with dissolved sugars, minerals, and vitamins. The average American drinks 25 gallons of milk per year.