

Food

“Anything is edible – once... It’s being alive to try something else that could be a problem.”

If you don’t know what it is, don’t eat it.

If you have any doubt, don’t eat it.

Calories

Sedentary – 15 calories per pound

Moderate – 20

Strenuous – 25

Add 5% for cold weather

So, according to the book...

Weight	Sedentary	Moderate	Strenuous
75	1125	1500	1875
100	1500	2000	2500
125	1875	2500	3125
150	2250	3000	3750
175	2625	3500	4375
200	3000	4000	5000
225	3375	4500	5625
250	3750	5000	6250
275	4125	5500	6875
300	4500	6000	7500

Basics

Iodized salt

Baking powder

Fats & oils

Sugar, honey, molasses

Beans

Rice

Vitamins

Canned goods

Coffee

Tea

Dried fruit

Proteins

Hard cheese

Jerky

Canned & dried fish

Whey protein

Nuts

Dehydrated milk

Carbs

Flour

Dried corn

Oatmeal

Crackers

Pasta/noodles