






TOP 10 HIKING FOODS

HIGHEST IN CALORIES

<p>1 FATS & OILS</p> <p>coconut oil - 929 Cal olive oil - 800 Cal sesame oil - 857 Cal</p> <p>(calories per 100g)</p>		<p>NUTS & SEEDS</p> <p>macadamia nuts - 750 Cal pecans - 700 Cal pine nuts - 601 Cal pumpkin seeds - 560 Cal</p> <p>(calories per 100g)</p>	<p>2</p>
<p>3 NUT & SEED BUTTERS</p> <p>peanut butter - 594 Cal tahini paste - 594 Cal almond butter - 563 Cal</p> <p>(calories per 100g)</p>		<p>CHOCOLATE</p> <p>dark, 85% cacao - 625 Cal white chocolate - 482 Cal milk chocolate - 458 Cal</p> <p>(calories per 100g)</p>	<p>4</p>
<p>5 DRIED FRUITS AND BERRIES</p> <p>banana chips - 516 Cal dates - 350 Cal cranberries - 345 Cal apricots - 250 Cal</p> <p>(calories per 100g)</p>		<p>DAIRY PRODUCTS</p> <p>ghee - 884 Cal powdered milk - 503 Cal Parmesan cheese - 392 Cal</p> <p>(calories per 100g)</p>	<p>6</p>
<p>7 OILY FISH</p> <p>mackerel in oil - 268 Cal salmon jerky - 257 Cal sardines in oil - 204 Cal tuna in oil - 198 Cal</p> <p>(calories per 100g)</p>		<p>MEAT</p> <p>smoked bacon - 503 Cal summer sausage - 298 Cal beef jerky - 286 Cal</p> <p>(calories per 100g)</p>	<p>8</p>
<p>9 PASTA & GRAINS</p> <p>Quaker oats - 375 Cal pasta - 158 Cal rice - 130 Cal couscous - 112 Cal</p> <p>(calories per 100g)</p>		<p>LEGUMES AND VEGETABLES</p> <p>instant potatoes - 364 Cal garbanzo beans - 119 Cal red lentils - 116 Cal</p> <p>(calories per 100g)</p>	<p>10</p>