

Title	Usefulness index	Negative effect index	Ingame portion effectiveness	Volume	Calories	Calories for 100g	Hydration	Nutrition	Poisoning chance	Poisoning severity	Infection chance	Infection				
Powdered milk	1490	0	992	200	992	496	-400	84								
Cereal	1133	0	744	250	930	372	-250	105								
Rice	1072	0	748	1000	3740	374	-1000	500								
Canned peaches	1016	0	618	440	1359	309	350	238								
Cooked Cow	742	0	465	400	930	233	190	100								
Tune canned	672	0	396	240	475	198	144	153								
Cooked chicken	639	0	394	98	193	197	61	41								
Cooked fish fillet	626	0	373	300	560	187	160	150								
Berries	605	0	350	40	70	175	4	32								
Cooked rabbit	589	0	346	299	517	173	184	155								
Cooked boar	548	0	320	340	544	160	217	156								
Cooked deer	534	0	316	340	537	158	222	129								
Cooked human meat	502	0	286	340	486	143	232	170								
Cooked goat	502	0	286	340	486	143	232	170								
Canned beans	416	0	210	440	462	105	330	299								
Canned bacon	415	0	95	225	107	48	3	612								
Potato	288	0	164	369	284	77	293	30								
Apple	230	0	106	130	69	53	172	70								
Tomato	69	0	32	111	18	16	105	11								
Burned human meat	-14	21	250	200	250	125	115	40	20	1	1	1		Stomach vol.	4000	
Any burned meat	-20	21	200	1	1	100	1	1	20	1	1	1				
Raw worm	-1014	86	400	40	80	200	8	42	85	1	1	1				
Any raw meat	-11600	600	200	1	1	100	1	1	75	2	25	3	Brain infection		10	
Raw carp	-14770	750	106	130	69	53	172	70	85	2	40	3				
Raw tune	-14770	750	106	130	69	53	172	70	85	2	40	3	Salmonellosis		3	
Any raw fish	-14800	750	200	1	1	100	1	1	85	2	40	3				
Any rotten meat	-24800	1260	200	1	1	100	1	1	90	3	50	3				
Raw human meat	-39669	2000	218	454	494	109	344	227	75	2	25	10				
Rotten human meat	-83862	4200	66	454	150	33	344	20	90	3	50	10	No infection		1	
Hydration is not a major factor for usefulness or negative effect, because water is easily obtained. Ingame. Rice and powdered milk are very useful, but cause thirst. When water becomes less available or requires boiling, the table will be fixed accordingly.																