

# Survival Foods: What Are The Top Six?

You will not have the luxury of eating what you feel like when a catastrophe hits. In such situations, you should know what survival foods are best in terms of nourishment, vitality, energy and taste. They should be also easy to carry around in case you need to bug out.

Here is a list of six survival foods regarded as the best by some of the top preppers:

## Top Six Survival Foods

### Canned Alaskan Wild Salmon

Salmon is rich in protein and sound fats like omega 3s. Many variations of Alaskan wild salmon will come canned with little to none of the contaminants that can appear in cans of other types of fish. The Inuit people (local individuals of Alaska and northern Canada) regularly eat Alaskan wild salmon.

Likewise, they are known for low rates of heart attack and stroke. This phenomenon is credited to their regular salmon consumption. Like tuna fish, you can eat canned Alaskan wild salmon right out of the can without cooking. Leftovers must be refrigerated and will keep for 3 – 4 days.

### Dried Beans

Many beans are high in calories and contain a decent amount of protein per serving. They also contain key vitamins and minerals. You could try these beans if you're interested:

- Kidney Beans
- Garbanzo Beans

- Black Beans
- Lima Beans
- Pinto Beans

The main thing to remember is that most beans need to soak for a few hours before eating. Finally, dried beans have a long shelf life. Dried beans will stay great in the back of your vehicle, your office survival unit and, obviously, your survival foods home pantry.

## **Brown Rice**

Brown rice is high in calories and also contains key vitamins and minerals. As a dry, non-perishable food item, it additionally has a long shelf life. Simply add high-temperature water and let it soak for 1 – 2 hours, or until the rice extends (eat rice after it's extended).

## **Bulk Nuts**

Look for bulk nuts in the seed/nut area of your supermarket. You should look particularly for unsalted and unshelled nuts. Peanuts, almonds, sunflower seeds, and various different nuts/seeds ordinarily sold in food markets are high in fundamental vitamins, minerals, vital unsaturated fats and have a decent amount of protein. They're also lightweight; a serving size may be as little as a 1/4 container.

## **Peanut Butter**

Peanut Butter is packed with protein and crucial unsaturated fats. It also contains numerous fundamental vitamins and minerals. For the best wellbeing, pick natural brands that are well known for organic food. A few tablespoons a day of peanut butter can provide assistance with surviving during long durations of constrained food intake. Amid a debacle, one of your procedures to survive needs to incorporate an

understanding that it's an ideal opportunity to cut calories. Many people eat a greater number of calories every day than they really need to survive. Cutting calories implies your food will last longer.

## **Energy Bars and Chocolate Bars**

There's an energy bar for each taste these days. Search for brands with a high-calorie count as well as a lot of protein. Chocolate bars can be a quick source of vitality and an awesome morale booster among children while being liberal in calories.

## **Conclusion**

As you can see, these six survival foods are nutrient and calorie dense foods which are easy to carry and store. They can be acquired for relatively little money and allow you to build a quality survival food pantry relatively quickly.

Do you agree with our suggestions? Disagree? Let us know in the comments!



# The Top Six Survival Foods



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