

TOP best food in Kenshi and how to collect

Kenshi is an open-world survival role-playing game, so finding food to survive is extremely important.

Food is scarce in Kenshi and is one of the hardest things to find for new players. If you are also having trouble finding food, let's explore the TOP of the best foods in Kenshi, keep the character full for a long time, rate each food according to its rarity and the locations where they can be collected.

Meatwrap



It's basically meat wrapped in bread. This dish restores a decent amount of nutrition and is relatively easy to prepare, requiring raw meat from any type of animal and bread that can be purchased from a vendor or homemade. It will restore about 50 nutritional value and keep the character alive by eating something useful.

Meatwrap is great because it fills you up for days, is easy to make, and is quite delicious compared to many other foods in the game.

Gohan



Gohan is rice and vegetables. To create Gohan, gamers need x8 greenfruit and x10 riceweed. It's relatively easy to make and is probably one of the best foods to mass produce. If you want to collect a lot of Gohan, you should start at an outpost in The Swamp because rice grows quite quickly there.

Gohan has 75 nutritional values ??that will keep the whole team alive, and it's also easy to make.

Dustwich



The cactus sandwich sounds weird and dangerous, but it's packed with nutrients and easy to make. The player needs 1 loaf of bread and 8 cacti (which grow extremely fast in arid lands) to create Dustwich.

This dish offers 70 nutrients and is the perfect food solution for outposts in barren areas.

Foodcube



Foodcubes are disappointingly boring blocks of food but at least it keeps the character from starving with 75 nutrients, and food is a luxury in the Kenshi world. If you plan to buy these squares, gamers will find them in stores and restaurants. They are also easy to make in arid or green areas, as all you need is 1 loaf of bread and 8 vegetables.

Ancient Nutri-Ration



Players can find Ancient Nutri-Ration in locations such as ancient libraries, workshops, and laboratories. This dish cannot be crafted unless using a mod for Kenshi and cannot be purchased, but Ancient Nutri-Ration often appears in large quantities inside chests, safes, and storage boxes. This food is quite nutritious and expensive, eat or sell Ancient Nutri-Ration offers 125 nutrients, is always available in laboratories and is up to a million years old.

Rate Pack



It is quite similar to Ancient Nutri-Ration, the only difference is that gamers can find this in stores. However, they are very expensive, players can try stealing it from an unwary owner.

This dish has up to 125 nutrients, can always be purchased at stores, and each serving lasts for 2-3 days, depending on the character's hunger coefficient.

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