

TOP most useful food items in Minecraft 1.18

In survival games like Minecraft, food is important because players need to replenish their hunger meter constantly. Food is especially important when playing at higher difficulty levels.

They not only help restore your hunger but also give you abundant health. Furthermore, the additional effects provided by the food are essential in a fight. Gamers need to make sure they have a reliable source of food throughout the game before anything else.

Players can cook a variety of foods with different properties and uses. So knowing what is the best food in the game will help a lot. Let's explore the top most useful food items in Minecraft 1.18 Caves and Cliffs.

Introduction to Hunger and Saturation in Minecraft

Before exploring this list of the most useful foods in Minecraft, everyone needs to learn a little bit of knowledge about how Hunger and Saturation work in Minecraft.

Hunger: Hunger is the hunger gauge located right next to the health bar. There are a total of 20 hunger spots represented by 10 drumsticks on the bar. When there are only 3 drumsticks left, the character will not be able to run. If there are no clubs left, the character will start to lose health until only 1 point of health (half a heart) remains. When there are 9 drumsticks, health will be restored.



Saturation: The Saturation bar is hidden but it also has 20 points. Saturation level affects how quickly a character's Hunger is consumed while performing various activities. When Saturation is low, Hunger will be consumed much faster than normal.

Both Hunger and Saturation are important aspects to consider when crafting food in Minecraft as all food has different Hunger and Saturation. In addition to these two factors, some foods in Minecraft also provide players with more special effects.

The most useful food in Minecraft 1.18

After understanding the role and how the Hunger and Saturation system works in Minecraft, let's start exploring the top 5 most useful foods in Minecraft 1.8 and start hunting and processing them.

Suspicious stew

1. Hunger: 6
2. Saturation: 7.2



Suspicious stew is a unique food in Minecraft. It restores 6 hunger points and 7.2 saturation points, but that's not all. It will give the character another additional effect based on the flower used to craft it. These effects include saturation, night vision, poison, wither, weakness, regeneration, jump boost, fire resistance, or blindness.

Players need 1 red mushroom, 1 brown mushroom, 1 bowl and a flower to make this suspicious stew.

If using Blue Orchid or Dandelion flowers, the player will get extra saturation. Using the Oxeye Daisy flower, the character will be restored to health.

These are the two best uses of stew, making it much more useful than other foods.

Golden carrot

1. Hunger: 6
2. Saturation: 14.4



Golden Carrot requires one carrot and 8 gold balls to craft. Although they only restore 6 hunger points, they can give the player 14.4 saturation points. However, golden carrot is a rather expensive food as it requires up to 8 gold pellets to make. However, this is still the favorite dish of many professional Minecraft players, especially in Minecraft Servers, where there are many resources.

Porkchop

1. Hunger: 8
2. Saturation: 12.8



Porkchop is one of the staple survival food for all Minecraft players. It has a large Hunger and Saturation value, 8 points and 12.8 points respectively. They are also very easy to obtain as the player only needs to kill a pig and cook a raw Porkchop in the oven. One pig can bring up to 4 raw Porkchops.

Pigs spawn everywhere in Minecraft, making them the best food in Minecraft survival for beginner players.

Steak

1. Hunger: 8
2. Saturation: 12.8



Along with Porkchop, Steak is another common dish that can easily satisfy hunger. It has the same value as Porkchop.

Cows have a lot of uses in Minecraft so most players will have a cow farm to get raw milk, skins and beef. Cows appear quite commonly in different biomes in Minecraft.

The player can kill a cow first, then cook their meat, or roast the cow directly to get a steak.

Enchanted Golden Apple

1. Hunger: 4
2. Saturation: 9.6



Enchanted Golden Apple is the best food in Minecraft because it can provide more than both Hunger and Saturation.

It is quite a luxury item because to find the Enchanted Golden Apple, gamers need to search for chests around the world in dungeons, mine shafts, desert temples, underwater ruins, cannon ruins radio.

Although their Hunger and Saturation values ??are not high at all, these apples give players a variety of buffs that are super useful in PvP situations in multiplayer servers. When the character consumes apples, 8 guard hearts absorb, protect from fire 1, protect 1 and heal 2.

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