

Caloric Content of Foods

The variation in calories for most food is small, but you can maximize the number of calories you carry if you look at what you have and make your menu decisions based on consideration of the calories per ounce. Most items are between 100 and 120 calories per ounce. Fats and oils are the only way to increase caloric content.

Item	Calories	Weight (grams)	Calories per oz	Notes
Breakfast items				
Quaker oatmeal, maple and brown sugar	160	43	106	
Quaker oatmeal, apples and cinnamon	130	35	105	
Quaker oatmeal, cinnamon roll	160	43	106	
Quaker oatmeal, regular	100	28	101	
Mountain House Scrambled Eggs with Ham (Freeze Dried)	370	72	143	Very good calorie to weight ratio.
Pop-Tarts, Blueberry	400	104	107	
Hot chocolate	80	20	114	
Spiced Cider, Alpine	80	21	107	
Granola, Oat Cuisine	275	55	140	Also good calorie to weight ratio
Dry Milk	80	23	97	
Non-Dairy Creamer	10	2	140	
Weetabix	120	35	96	One of the less bulky cereals
Bars				
Nature Valley fruit and nut granola bar	140	35	114	
Nature Valley oats and honey granola bar	160	42	108	
Quaker chocolate chip granola bar	100	24	118	
Quaker peanut butter and chocolate chip granola bar	100	24	118	
Quaker oatmeal and raisin granola bar	90	24	106	
Power Bar	230	65	100	
Chex Mix Bars, Turtle	130	35	104	
Zone Perfect Bars, Chocolate Mint	210	50	118	
Clif Bar, Chocolate Peanut Butter	260	68	107	
Balance Bar, Cookie Dough	200	50	112	
Luna Bar, Peanut Butter Cookie	180	48	105	

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Clif Mojo, Peanut Butter Pretzel	200	45	124	One of the higher calorie to weight ratios.
ProBar, Superfood Slam	350	85	115	
ProBar, Maple Pecan	400	85	132	Good, but do read the labels, not al ProBars are this high.
<i>Dinners</i>				
Mountain House Lasagna with Meat Sauce	620	136	129	
Mountain House Stroganoff with Noodles	620	136	129	
Ramen soup	380	84	126	Noodles cooked in oil.
Vegetable Soup Mix, Knorr	60	20	84	Good with ramen.
Cup-a-Soup, Chicken Noodle	45	13	98	
Cup-a-Soup, Green Pea	80	21	108	
Cup-a-Soup, Cream of Chicken	70	20	99	
Backpacker's Pantry Louisiana Red Beans and Rice	600	170	99	
Dr. McDougall's Black Bean and Lime Soup	340	94	101	Add instant rice to make a meal.
Mary Janes Farm Kettle Chili	345	94	103	
AlpineAire Santa Fe Black Beans and Rice	680	184	103	
Mountain House Rice and Chicken	560	128	122	
Couscous mix, Near East Roasted Garlic and Olive Oil	200	56	100	Add olive oil to the mix in preparing
Couscous, plain	150	42	100	Very versatile and quick cooking
Rice, Uncle Ben's Instant Brown Rice	170	47	101	Takes longer to cook than instant white rice.
Mashed Potatoes, Idahoan Yukon Gold	110	29	106	Has some oil in the mix.
Mashed Potatoes, Betty Crocker Roasted Garlic	80	24	93	
Angel Hair Pasta	190	56	95	Cooks in 3 minutes
Pesto mix, Knorr	15	5	84	Use to flavor olive oil for pasta
Stove Top Stuffing, Cornbread	100	28	100	Nice change of pace with chicken and craisins
<i>Fruits</i>				
Apricots, dried but very moist	100	40	71	
Mangos, dried, Costco	160	42	108	
Raisins	130	40	92	Some moisture

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Cherries, Montmorency – Stoneridge Orchards	130	40	92	
<i>Lunch Items</i>				
Tabuli Salad, Fantastic Foods	150	45	93	Olive oil will bring up the calorie count some.
Hummus, Fantastic Foods	60	14	120	Add olive oil and the calorie count goes up.
Italian dried salami	110	28	111	Surprised it not higher!
Gouda cheese	110	28	111	Withstands heat better than most cheeses.
Velveeta Cheese	80	28	80	Low calorie count, but packs well.
Saltine crackers	60	15	114	
Graham Crackers	130	31	117	
Club Crackers, Keebler	70	14	140	Pack pretty well.
Ritz Crackers	80	16	140	Pack pretty well
Cheez-Its	160	30	149	Bulky
Triscuit, Rosemary and Olive Oil	120	28	120	Bulky
Marias, Marie Lu Biscuits	117	29	113	Good with Nutella or Peanut Butter
Nutella	190	37	144	
Jerky	120	50	67	High protein, low calorie density
<i>High calorie foods</i>				
Hershey special dark chocolate	221	41	153	melts in your pack
Ghirardelli Bittersweet Chocolate Chips	80	15	149	Will melt in the pack – ok if mixed with stuff (smores)
Kirkland (Costco) GORP	160	30	151	High due to oil roasted nuts and M&Ms.
Trader Joe's Sesame Sticks	170	30	161	Very oily
Macadamia nuts	210	28	213	
Chashew nuts, oil roasted	180	30	170	
Almonds, oil roasted	176	28	176	
Almonds, raw	160	28	160	
Organics Old Fashioned Creamy Peanut Butter	200	32	177	Oil will separate
Justin's Honey Almond Butter	190	32	166	Nice change from peanut butter
Skippy Super Chunk Peanut Butter	190	32	166	

Item	Calories	Weight (grams)	Calories per oz	Notes
Butter	108	15	204	
Olive oil	119	14	241	

Calorie versus weight calculations

The table below shows the number of calories that different average caloric contents deliver at different weights.

Total weight of food per day	16 oz	24 oz	32 oz
Average caloric content of food (calories/oz)			
110	1760	2640	3520
130	2080	3120	4160
150	2400	3600	4800

Make sure that you have lots of nuts and M&Ms during the day, and pick your dinner food carefully. If you add olive oil to meals, you can up the calorie content, but for summertime backpacking it is not really necessary. Consider adding oil especially for extended winter outings or for very long (multiple week) hikes.