

Best foods to stockpile for an emergency

By Vanessa DiMaggio, Food and Wine

Fueling your body during an emergency is very different from your everyday diet. Because you'll probably expend more energy than you normally would, you should eat high-energy, high-protein foods.

And because you'll have a limited supply, the higher-quality foods you eat—and the less of them—the better.

“In a disaster or an emergency you want those calories,” says Barry Swanson, a food scientist at Washington State University. “You want some nutrients and some fiber—something to keep your diet normal.”

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