

# Nutrition

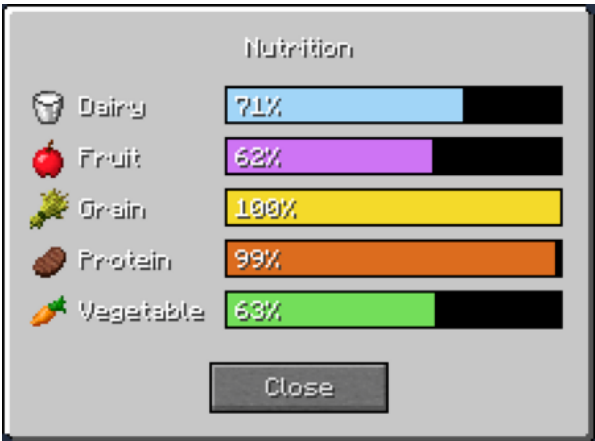
Nutrition is a mechanic, added by the Nutrition mod, to reward the player in the form of status effects for eating a variety of different nourishing foods.

## Nutrients

There are five different types of nutrients:

- Dairy
- Fruit
- Grain
- Protein
- Vegetable

Each nutrient can be increased by eating foods that have the same nutrient in the tool-tip seen while hovering over it. To view the current nutrient levels the carrot icon in the players inventory can be clicked to open a panel with all the nutrients.



Nutrients Menu in the Inventory

Foods can have as little as one nutrient type up to all five on it. But for each additional nutrient type on the food the total nourishing effect of all the nutrients is decreased up to minus 60%, so it is a good idea to eat various types of foods that focus on each of the different nutrients.

Nutritional value of the food is derived from the amount of hunger restored divided by two minus the nutrient penalty if more than one nutrient is present.

*nutrientsGained* = (*hungerRestored*/2) – (*hungerRestored*/2) \* ((*totalNutrients* – 1) \* 0.15)

For example the "Deluxe Chicken Curry" will restore nine hunger when eaten and has all five nutrients. If the previous equation is used we will see that the tool-tip value of 1.8% for each nutrient is correct.

In addition to the gain of nutrients the players nutrition will also decay over time if any hunger is lost, albeit at a very slow rate of 0.075% per hunger lost. This decay will typically go unnoticed if the player is constant a variety eating food to replenish their hunger.

Commands can be used to alter players nutrition if they would like. The command structure looks like

X: 444 Y: 174

us deliver our services. By using our services, you use of cookies.

More information

OK

/nutrition <get | set | add | subtract | reset> <player name> <nutrient name> <value>

The "value" parameter cannot be used for options "get" or "reset" as "get" is for viewing a players specified nutrient information and "reset" will reset the specified nutrient to 50%.

## Status Effects

When the players nutrients have been increased or decreased enough certain status effects will be applied to the player.

Status Effect	Effect(s)	Activation Condition
Mining Fatigue	-10% attack speed, mining speed decreased by 70%	Average nutrition is less than 20%
Toughness	+2 hearts and +20% knock-back resistance per tier	A nutrient above 90% Each additional nutrient above 90% grants an additional tier
Strength	Increases melee damage by 1.5 hearts	Average nutrition is greater than 70%
Weakness	Decreases melee damage by 2 hearts	Average nutrition is less than 10%
Resistance	Reduces incoming damage by 20%	Average nutrition is greater than 80%
Haste	+10% attack speed, +20% mining speed	Average nutrition is greater than 90%

## Special Items

There are certain items when used that will restore the players hunger but not provide any nutritional benefit, instead they will maintain the players nutrition at 50%. These items include the Healing Axe from ExtraUtilities, Industrialcraft 2s Quantumsuit Helment, (Filled) Tin Cans and Avaritas Infinity Helmet. All of the listed items except for the Infinity Helmet will move the nutrients towards 50% regardless of the current value.

The Healing Axe will change each of the nutrients by 0.4% per hunger restored. It is possible when it restores 2 hunger in rapid succession that only 0.4% of change on the nutrients will occur.

The Quantumsuit Helment and the (Filled) Tin Cans will change the nutrients by 0.2% per can consumed.

The Infinity Helmet will indefinitely keep the players hunger and saturation full and keep the nutrients at 50%.

## Additional Player Information

- A player spawning into a new single player world or joining a server for the first time will have all their nutrients starting off at 50%
- When a player dies they will lose 15% from each of their nutrients but repeated deaths will not

X: 444 Y: 174

us deliver our services. By using our services, you use of cookies.

**More information**

Retrieved from "<https://wiki.gtnewhorizons.com/wiki/Nutrition?oldid=10769>"

X: 444 Y: 174

us deliver our services. By using our services, you  
use of cookies.

**More information**