

# The SUPER MARIO Diet

**M**ario is a man who clearly loves his food, from mushrooms to cakes to Starbits. It begs the question, "What enemies in the Mario Universe are edible?"


**T**hat's the question we're here to answer today. For this ranking, there were a few criteria the enemies had to fit into in order to make the list.

1. They could not display intelligence. Enemies that spoke, wore clothing, or held weapons did not make the list.
2. Had to be safe for consumption. This removed any rock type and poison enemies from the line-up.
3. Colour variations of the same enemy are not counted as unique enemies. To make the list, each enemy must display a unique attribute.

## How to Read

**This** means the enemy has a real-world equivalent.

**This** means the enemy would be expensive due to size or rarity.

 means the enemy would require special preparation to eat.



What may come as a shock to most, The Super Mario Diet is staggeringly dominated by protein and meat. When viewing the Mario Games, the immediate assumption to make would be that The Super Mario Diet is mainly vegetarian. The main thing you eat in the Mario Games are mushrooms, right? But according to the data, that isn't true. In fact, within the protein category, the

largest sub-division of food is actually **sea food**, dominating the category with 50.7% of its contents.

Could this mean that fishermen within the Mario Universe are the highest paid because of their contributions to food supply? Or are fish priced low because of their over-abundance?



The design for the enemy line-up in Mario games could be described as 'lazy'. There are enemies whose design's are entirely based on existing food.

It's not out of the question to say that, if there is a food that exists in real life, there is a living version of it in the Mario world.



With any game, eventually there will come enemies which don't fit into any real world food categories. However, that doesn't make this category any less delicious.



With such a small line-up, it's hard to believe this counts as a category at all. Nonetheless, dessert enemies hold a sweet, steadfast position in last place.

