

# 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.

## 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.

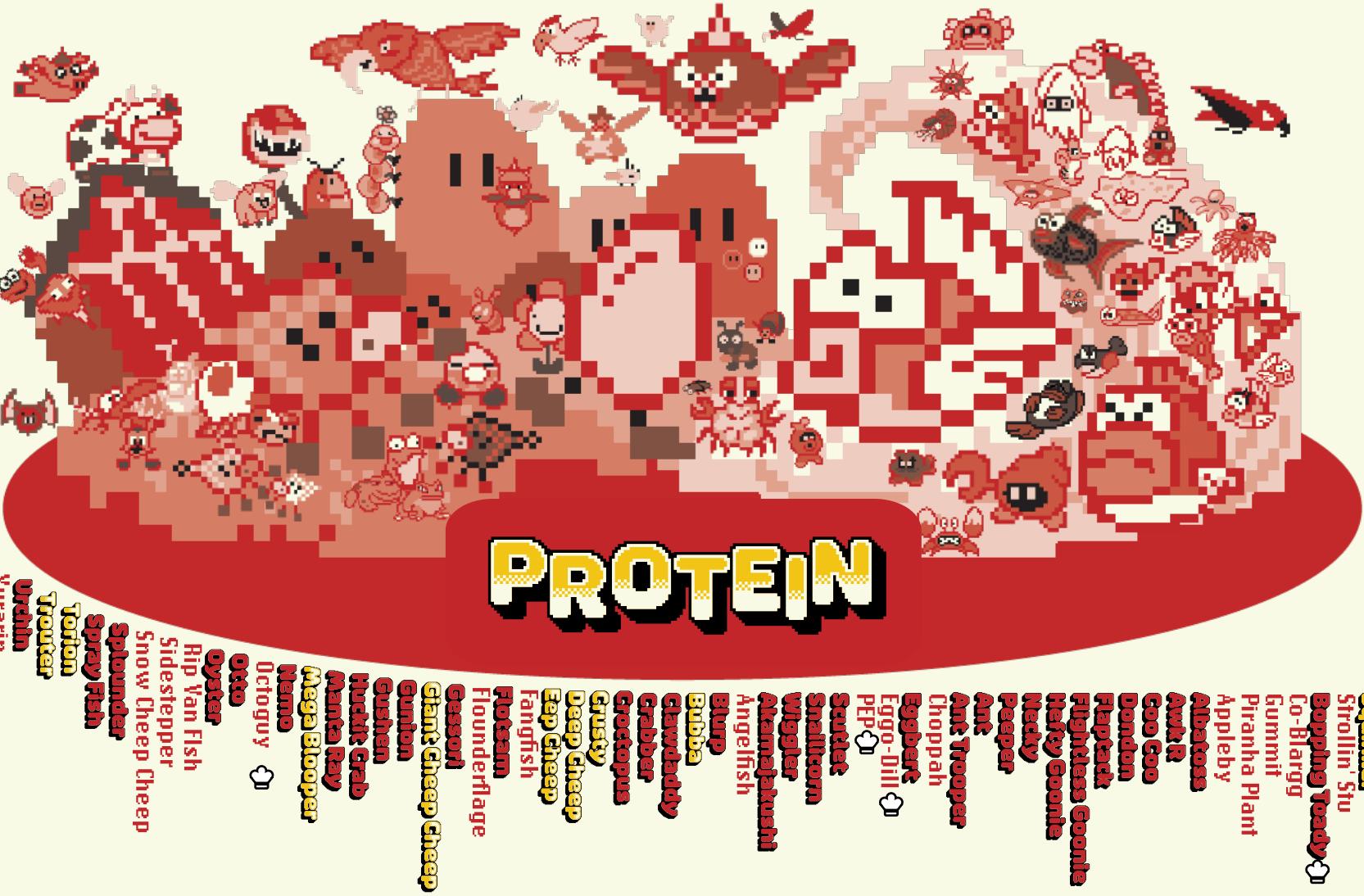
carro	boscis
Magnato	
Muncher	
Nipper Plant	
Pointey	
Pumpkin Plant	
Spud	
Thorb	
Tomato	
Tree-ville	Tree-ville
Twirlip	

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.

**I**t'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.

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# Amazy Dayzee Artichoker Gaccat



# PROTEIN

Do-Drop Sharp Crystal Bit Starbag

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.

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## PET Bottom



Lemon Drops 

**W**hat 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?



**W**ith 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.

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