How to play "How many Calories?"

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Hello, I'm Onimochipan.
I will explain the rules for "**How many Calories?**"

How many calories?
2-4 players / 15-20 minutes / Ages 7 and up

Game Overview (3-4 player play)

"Calorie Intake × Trick-Taking"
Let's win cards, take in calories, and aim for a high score.
But be careful not to overeat due to the calorie limit!

  Calorie Limit
  🔴For 4 players: **2,400kcal**
  🔴For 3 players: **2,700kcal**

Contents

Food Cards: 32 cards (4 colors, numbers 1-32)
※The numbers represent calorie values.
ex) card [4] = 400kcal, card [32] = 3,200kcal

表（Front）　　裏（Back）

+5 Cards: 4 cards
The backside shows the food cards composition chart.

Start Player Token: 1 piece
Rulebook (front and back): 1 sheet

Game Setup(3-4 player play)

Distribute one **+5 card** to each player.
Shuffle the **food cards** and deal 8 cards to each player.
※In a 3-player game, place any remaining cards face down at the side.
Each player passes 2 cards from their hand to the player on their left.
Decide the start player. The start player receives the Start Player Token.

**One-Point Advice: About exchanging 2 cards**

- **If your hand has mostly high numbers:** You are more likely to exceed the calorie limit.

- **If your hand has mostly low numbers:** You may not be able to take in enough calories.

Game Procedure (3-4 player play)

The game consists of 4 rounds.
Each round continues until all players have no cards left or all but one player have exceeded the calorie limit.
After each round, players score points based on the calories they have consumed.
The start player for the next round is the player with the highest score at that point.

Trick-taking (Method of Calorie Intake)

The player who plays the card with the highest number wins the card with the lowest number.
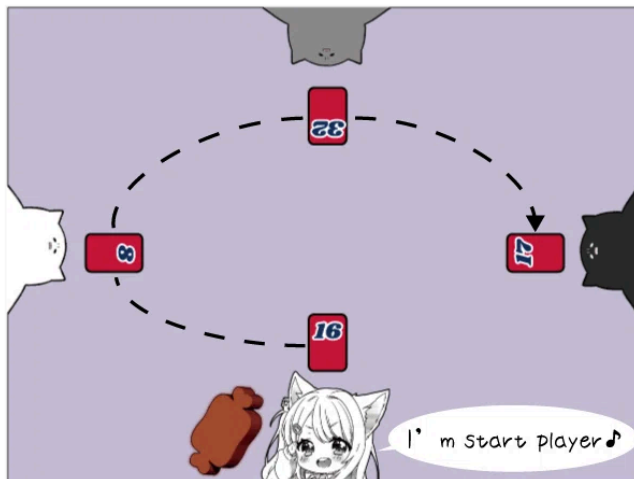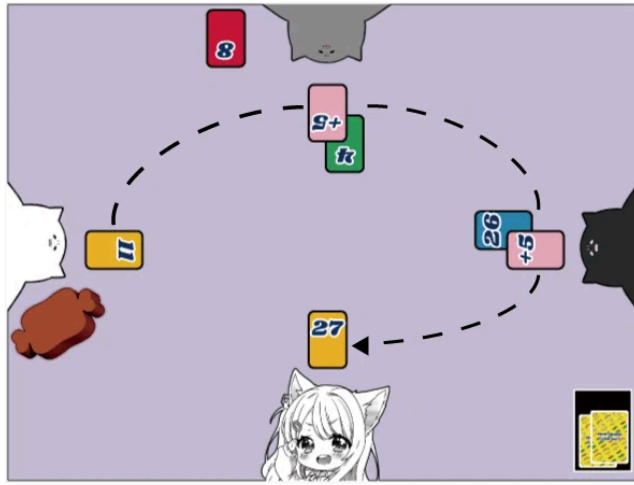

Starting with the start player, each player plays one card in turn.
※There are no restrictions on the color or number of the card played.
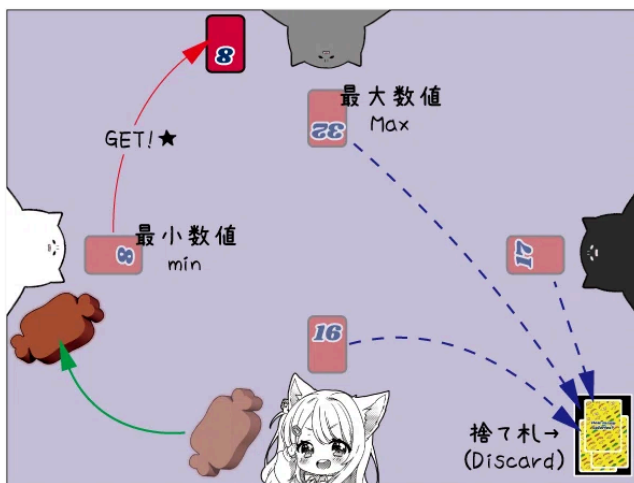
The player who plays the highest number card [Red 32]
wins the lowest number card [Red 8].
The remaining cards become the discard pile (face down).
The player who played the lowest number [8] becomes the next start player.
Pass the start player Token to the next start player.

If a player plays a card of a different color than the start player, "+5" is added to the card's number.

Starting with the start player, each player plays a card.
You can play a card of any color, but if you play a card of
a different color than the card played by the start player [Yellow 11],
you must stack a **+5 card** on top.
This adds +5 to the card's number value.
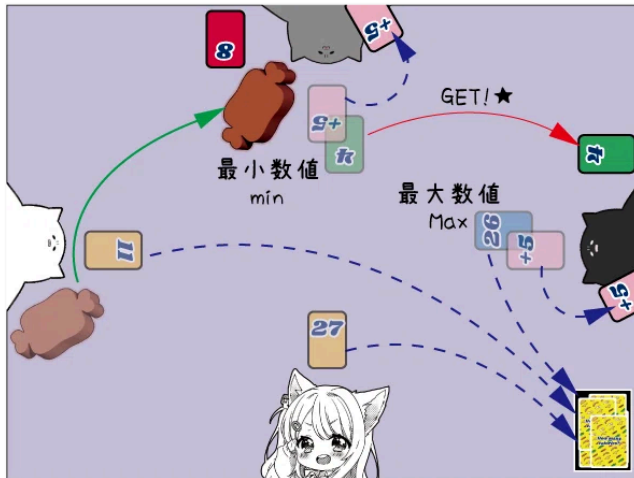
The player who plays the highest number card [Blue 26+5]
wins the card from the player who played the lowest number card [Green 4+5].
However, only the **food card** [Green 4] is received.
The **+5 card** cannot be received because it's like...


painted rice cakes! (= **a pie in the sky**)
You can't eat it!
The **+5 card** is returned to the player who played it each time.
※There is no limit to the number of times the **+5 card** can be used.

If the effect of the +5 card results in the same number appearing on the field, the card of the same color as the start player is considered to have the higher number.
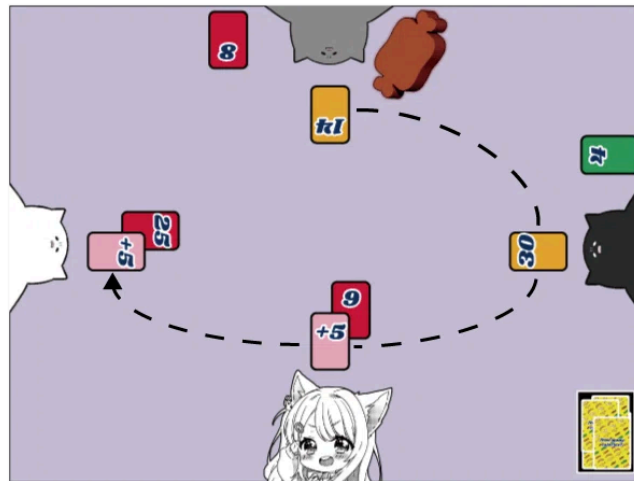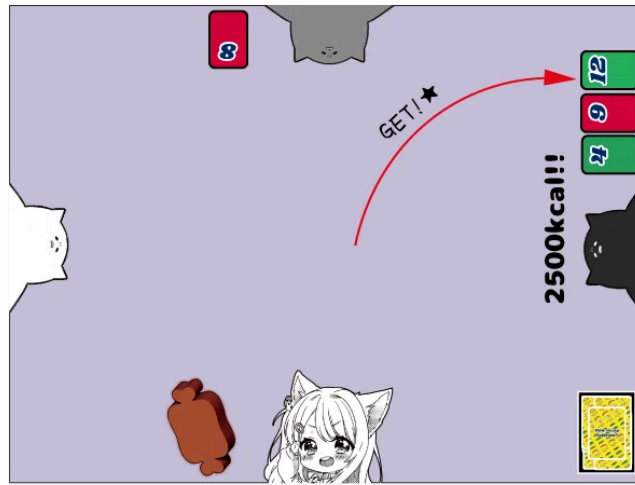

In the case of the figure above,
the same numbers [Yellow 14] and [Red 9+5],
[Yellow 30] and [Red 25+5] appear on the field.
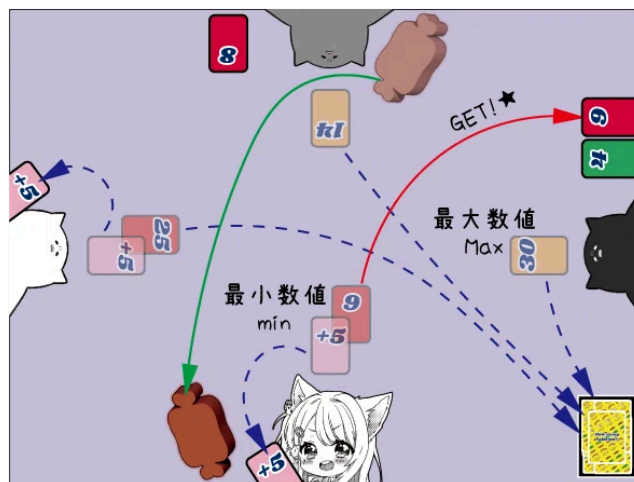
In this case,
the card of the same color as the start player [Yellow]
is considered to have the higher number.
That is, the highest number is [Yellow 30],
and the lowest number is [Red 9+5].

If you exceed the calorie limit, you are dropped out for that round.

If you exceed the calorie limit (2,400kcal for 4-player play), you are dropped out.
All remaining cards in your hand are placed in the discard pile face down.
※**Just 2,400kcal is safe.**
※The limit for 3-player play is 2,700kcal.

Repeat the above until either all players have no cards left or all but one player are dropped out.

Score points

	1st	2st	3st	4st	Drop out
4-player	4pt	3pt	2pt	1pt	0pt
3-player	3pt	2pt	1pt		0pt

At the end of each round, players score points
based on the total calorie value they have taked in.
If the total calorie value is the same,
the player with the higher number card ranks higher.
However, players who are out score 0 points.

Continue the game until the predetermined number of rounds is reached.

The start player for the next round is the player with the highest total score at that point (if there are multiple players, decide by rock-paper-scissors).
After the final round, the player with the highest total score is the winner.
※If there are multiple players with the highest score,
the winner is the player who wins the highest number card in the final round (excluding those who are dropped out).

That's all for the rule explanation. Thank you for reading!
The rules for two-player play are slightly different,
which I will introduce in another article.

Promotion!

We have started online sales for the game 'How many calories?', which was previously available at **Game Market 2024 Spring**. If you're interested, please visit our website on BOOTH for purchasing details. We hope to deliver an enjoyable gaming experience!

それ何キロカロリー？（How many calories?）- oni mochipan - BOOTH

🍔カードを取って、カロリーを摂ろう！🍔 食欲が止まらないトリックテイキングカードゲーム！ ピザにパンケーキ、パフェにハンバ

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