

HOW MUCH FRESH WATER DO YOU EAT

(YES EAT!)

Here's an interesting QUIZ IN REGARD TO THE AMOUNT OF FRESH WATER NEEDED TO GROW AND PROCESS THE FOOD that we eat everyday. Select items from Table 1 and place them into Table 2, then multiply across columns 2 and 3 and place your answers in column 4. Sum up the total. Did you know that the fresh water needed to grow and process the food for a typical breakfast is about 209 gallons? For lunch it is about 1,427 gallons. For dinner it is about 2,897 gallons. How do you and your family match up? Did you know that it takes about 40,000 gallons of fresh water to process the products for a typical automobile? And about 1.7 tons of fresh water for a typical personal computer? Fresh water is needed to produce just about everything we use from our clothes to transportation, and to foods of all kinds! Thousands and thousands of gallons!

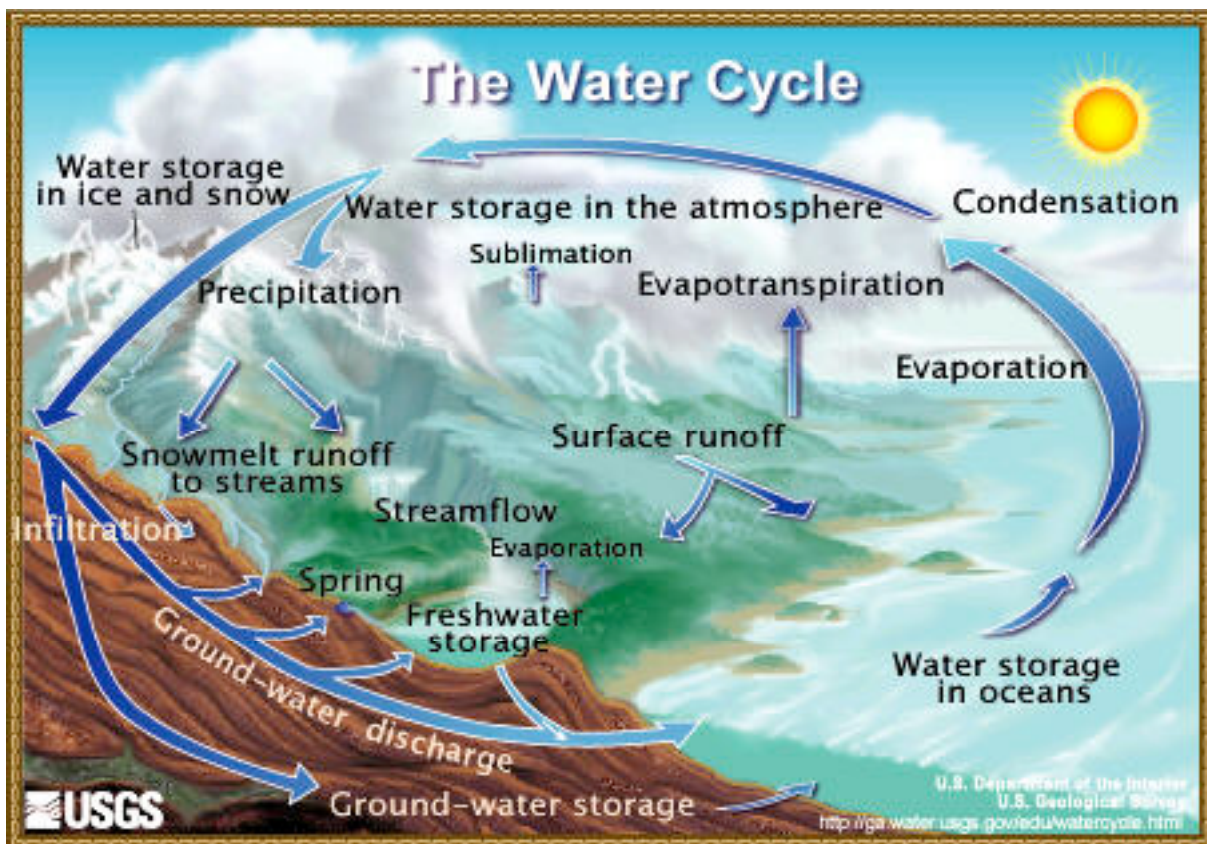


Table 1. The amount of fresh water needed to produce one serving of the food we eat (sources: EPA; International Bottled Water Association; USGS; Water Education Foundation).

Food Item	Gallons of fresh water used in growing and processing ONE SERVING of—
Meat	Gallons Per Serving
Chicken	408
Hamburger (1/4 pound)	1303
Pork	408
Steak	2607
Dairy	Gallons Per Serving
One Egg	120
Milk	65
Fruits & Vegetables	Gallons Per Serving
Almonds	12
Apples	16
Cantaloupe	51
Cherries	90
Corn	61
French Fries	6
Lettuce	6
Orange	22
Rice	36
Tomatoes	3
Watermelon	100
Other	Gallons Per Serving
Cola Soft Drink	10
Margarine	92
Sugar (from Beets)	8
Wheat Bread	15

Table 2. Fresh water used for a typical breakfast, lunch, and dinner in a first world country. Multiply columns 2 and 3, and place your answer in column four; then add up the amount in column four to get your daily total. For more go to michaelkasenow.com.

Food Item	Servings	Gallons/Serving	Gallons Used
Breakfast			
Lunch			
Dinner			
		Total =	

A typical breakfast is about 209 gallons; a typical lunch is about 1,427 gallons; and the typical dinner is about 2,897 gallons. How do you compare? The amount of fresh water needed to grow and process the three basic meals/person in a first world country—daily—is about 4,533 gallons.

Now:

Multiply your Total by 7 for weekly water use = _____ gallons

Multiply your Total by 30 for monthly water use = _____ gallons

Multiply your Total by 365 for yearly water use = _____ gallons



Image from St. Augustine, Florida Blog