A Plant-Based Diet Saves Lots of Water!!

Shock is reasonable after discovering that the global average water footprint – or the total amount of water needed – to produce one pound of beef is from 1,799 gallons [~35.98 Blue Barrels*] to 2,400 gallons [~48 Blue Barrels] of water; one pound of pork takes 576 gallons [~11.52 Blue Barrels] of water. As a comparison, the water footprint of soybeans is 216 gallons [~4.32 Blue Barrels]; corn is 108 gallons [~2.16 Blue Barrels] Only 25 gallons [~.25 Blue Barrels] of water are required to grow 1 pound of wheat which equals ~.7 pounds of flour. You can save more water by not eating a pound of meat than you can by not showering for six months!

According to Natural News, it takes some 2,000 gallons [~36.5 Blue Barrels] of water to produce one gallon of Cows Milk, roughly twice as much as that required to produce a gallon of Almond Milk.

Fruits, Vegetables & Grains

If you want to really reduce the water footprint of your food then eating a diet where fruits, veggies and grains for the vast majority of your calories is clearly the way to go—it also happens to be healthier, cheaper and better for carbon emissions, by the way. But even here there are some big variations. Here are some more examples:

Lettuce -- 15 gallons
Tomatoes -- 22 gallons
Cabbage -- 24 gallons
Cucumber -- 28 gallons
Potatoes -- 30 gallons
Oranges -- 55 gallons
Apples -- 83 gallons
Bananas -- 102 gallons
Corn -- 107 gallons
Peaches or Nectarines -- 142 gallons

Wheat Bread -- 154 gallons
Mango -- 190 gallons
Avocado -- 220 gallons
Tofu -- 244 gallons
Groundnuts -- 368 gallons
Rice -- 403 gallons
Olives -- 522 gallons
Chocolate -- 2847 gallons

(One pound of chocolate being quite a serving of chocolate...)

*The Blue Barrel Represents 50 Gallons of Water