

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