

Imperial County Farm Bureau

How Much Water Have You Eaten Today?

Americans consume about 8 times more water in the food we eat than we do for standard household uses, such as brushing our teeth, washing our dishes and clothes, and showering. On average, it takes more than 800 gallons of water to grow the food you consume **in ONE DAY**.

Below is a sample daily menu with the estimated quantity of water required to grow the ingredients in each meal.

Sample Daily Menu

Breakfast	<i>Gallons of water required for food production</i>	Lunch	<i>Gallons of water required for food production</i>	Dinner	<i>Gallons of water required for food production</i>
Orange juice (8 fl. oz.)	49.1	BBQ chicken sandwich		Lasagna	
One egg	62.7	Chicken (4 oz.)	115.0	Pasta (4 oz.)	71.8
One toast and butter	56.3	Wheat bread (2 slices)	21.2	Tomato sauce (6 oz.)	38.7
1/4 cantaloupe	40.0	Cheese (1 slice)	56.0	Cheese (3 oz.)	168.0
Breakfast Total	208.1	Tomato (1 oz.)	1.9	Ground beef (3 oz.)	82.5 ¹
gallons		Lettuce (1/4 cup)	0.7	Spices	*
		BBQ sauce (1/2 oz.)		Garlic bread	
		Catsup (1/2 oz.)	1.6	Bread (1 slice)	10.6
		White sugar (2 tsp.)	4.7	Butter, 1 pat (.36 oz.)	45.7
		Vinegar and spices	*	Garlic	*
		Orange (4.6 oz.)	13.8	Salad	
		Water (12 fl. oz.)	0.2	Lettuce (1/2 cup)	1.5
		Lunch Total	215.1 gallons	Tomato (2 oz.)	3.8
				Other vegetables/spices	*
				Milk (8 fl. oz.)	48.3
				Dinner Total	470.9 gallons

* Water use unknown

One Day's Total: 894.1 gallons

Courtesy of the California Farm Water Coalition (www.cfwc.com).
Derived from Water Inputs in California Food Production, Water Education Foundation, Sacramento, CA 1991

¹ Estimation of the Water Requirement for Beef Production in the United States, J.L. Beckett and J.W. Olthen, Department of Animal Science, University of California, Davis, November 1992