

# Water Footprint of Common Food Sources

0.45 kg (1 lb) of beef



6,813 L (1,800 gal) of water

0.45 kg (1 lb) of potatoes



450 L (119 gal) of water

0.45 kg (1 lb) of chicken



1,771 L (468 gal) of water

1 loaf of bread



908 L (240 gal) of water

3.8 L (1 gal) of milk



3,331 L (880 gal) of water

0.45 kg (1 lb) of almonds



7,570 L (2,000 gal) of water



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HOW CAN WE PROVIDE FRESHWATER TO THOSE IN NEED?  
Food Sources Water Footprint  
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