

Water Conservation Showcase: Food Facts

It takes 1,500,000 gallons of water to produce the food consumed each year by the average U.S. Resident.

- National Park Service

Water required to produce some foods:

Food	Gallons/Pound
lettuce	23
tomatoes	30
carrots	33
oranges	49
apples	49
tomato sauce	52
potatoes	60
broccoli	65
cantaloupe	80
milk	96
orange juice	98
wheat	108
wheat bread	126
corn	168
plain yogurt	176
white bread	198
avocado	220
white sugar	224
soybeans	240
tofu	244
brown rice	256
pasta	288
alfalfa	360
white rice	400
eggs	573
chicken	815
cheese	896
almonds	1280
pork	1630
butter	2044
beef	2500-5000