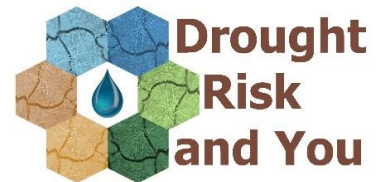


# HOW MUCH WATER DOES IT TAKE TO MAKE YOUR FAVORITE FOODS?



A **water footprint** is the amount of water that is used and polluted in all of the stages needed to make something. For some food products like fruit, this includes watering the growing fruit. For other foods such as pasta, this includes the water for growing it and making the final food in a factory or restaurant.

Here are the answers showing which one of each of these pairs uses **LESS** water

**Q: Tomato or cucumber?**

**A: tomato**

It takes roughly 50 litres to grow a single tomato. 1 kilo of tomato ketchup needs 530 litres water. One cucumber takes about 70 litres to grow.

**Q: Apple or banana?**

**A: apple**

On average, one apple needs 125 litres of water, while one large banana needs 160 litres of water. One glass of apple juice needs about 230 litres of water.

**Q: Beef or chicken?**

**A: chicken**

It takes 4300 litres of water to produce 1 kilo of chicken. This is less than beef which uses 15,400 litres of water for 1 kilo of beef. Lamb uses 10,400 litres of water for 1 kilo of lamb and pork uses 5990 litres of water for 1 kilo of pork. It takes more water to make meat because water is used to grow the food for the animals as well as their drinking water.

**Q: Pasta or rice?**

**A: pasta**

1850 litres of water is used to make 1 kilo of dry (uncooked) pasta compared to 2500 litres of water needed for 1 kilo of dry (uncooked) rice. Rice is a very important crop across the world, and large irrigation projects are often built to meet its water demands, resulting in rice being one of the world's largest users of water in the world. In contrast, pasta is typically made from durum wheat which can be grown in relatively dry regions.

**Q: Tea or coffee?**

**A: tea**

It takes 27 litres of water to produce one 250ml cup of tea, compared to the 264 litres of water it would take to make a same-sized cup of coffee! Coffee plants need a lot of water and coffee production goes through many stages from growing the fruit, to drying and milling the beans, then roasting and cooling them. In contrast, tea is made from dried leaves and goes through fewer processing stages, so it needs less water overall.

The logo graphic for 'About Drought' features three horizontal bars of varying lengths and colors (orange, yellow, and brown) to the left of the text.

# About Drought

Maximising the impact of UK research on drought & water scarcity

# HOW MUCH WATER DOES IT TAKE TO MAKE YOUR FAVORITE FOODS?



**Q: Beef burger or pizza margarita      A: pizza**

A margarita pizza made with bread wheat flour (for the base), mozzarella cheese and tomato puree needs about 1260 litres of water to produce each of the ingredients and the final pizza. A beef burger made with bread, lettuce, cheese and beef needs 3000 litres of water! Most of this water is taken to raise and produce the beef.

**Q: Coke or chocolate bar                      A: Coke**

A small 0.5 litre bottle of Coke or a similar fizzy drink uses from 168-309 litres of water, depending where the sugar comes from. This includes water used to make the Coke and the water used to make the plastic bottle. A 100g chocolate bar uses 1430- 1700 litres of water, most of which is in the production of the cacao paste which is used to make the final chocolate bar. This does not include the water needed to make the packaging!

**Q: T shirt or jeans                                      A: T-shirt**

Across the world it takes an average of 10,000 litres of water to make 1 kilo of cotton fabric. One cotton T shirt (250g) needs about 2,500 litres of water to make, compared to a pair of jeans (800 g) which needs 8,000 litres of water. The amount of water to make cotton varies between countries, for example in China it takes 600 litres to make 1 kilo of cotton compared to 22,500 litres of water to make 1 kilo of cotton in India. The Aral Sea in Central Asia has been shrinking as a response to growing cotton.

**Q: Paper or smartphone?                              A: paper**

It takes roughly 2 - 20 litres of water to make one A4 sheet of paper depending on where the wood to make the paper comes from. This includes the water needed to grow the trees as well as in the factory to turn the wood into paper. When old paper is recycled into new paper, the amount of water needed is reduced (because fewer trees are needed). One smartphone needs a whopping 12,760 litres of water. This includes the water used to extract and process raw materials, as well as in manufacture of the smartphone.

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