

HIGH WATER FOOTPRINT MEAL



BEEF, medium-sized steak (6 oz):

637.7
gallons

ASPARAGUS, 6-7 stalks (4 oz):

81.3
gallons

a salad of **KALE**, a half-cup chopped/sauteed (1 oz) and half a medium-sized **AVOCADO** (3 oz):

29.5
gallons

glass of **WINE**, standard pour (5 oz):

17.4
gallons

bowl of **RASPBERRIES**, a third of a pint (3 oz):

12.7
gallons

TOTAL:

778.6
gallons



LOW WATER FOOTPRINT MEAL

CHICKEN, one cooked breast (about 3 oz):

49.8
gallons

BROCCOLI, 1 cup (3 oz):

7.3
gallons

A **SALAD** of **LETTUCE**, a half-cup chopped (1 oz), and **TOMATO**, about 2/3 of a medium whole, chopped (3 oz):

3.6
gallons

BEER, half pint (8 oz):

15.7
gallons

A bowl of **STRAWBERRIES** a third of a pint (4 oz):

5.0
gallons

TOTAL:

81.4
gallons

