

# HOW MUCH WATER IS NEEDED TO PRODUCE YOUR MEAL?

**CEREAL** (1 Cup / 40g) = 130 L

**MILK** (1 Glass) = 200 L

**ORANGE JUICE** (1 Glass) = 170 L

**TEA** (1 Cup) = 35 L

**COFFEE** (1 Cup) = 140 L

**SUGAR** (1 Piece) = 10,5 L

**CANE SUGAR** (1 kg) = 1500 L

**LETTUCE** (1 kg) = 130 L

**CHEESE** (1 Portion) = 250 L

**APPLE / PEAR** (1) = 70 L

**ORANGE** (1) = 50 L

**PORK MEAT** (150 g) = 690 L

**GOAT MEAT** (150 g) = 1702,5L

**TOMATO** (1) = 13 L;

**CHEESE** (1 kg) = 5000 L

**APPLE JUICE** (1 Glass) = 190 L

**RICE** (100 g) = 140 L

**EGG** (1) = 135 L

**CHICKEN MEAT** (150 g) = 615 L

**BANANA** (1) = 70 L



Water and Food Security – 22 March 2012

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**BUTTER** (1 Portion ) = 18 L

**OLIVES** (100 g) = 250 L

**SORGHUM** (100 g) = 54 L

**MAIZE** (100 g) = 71 L

**OATS** (100 g) = 237 L

**ONIONS** (100 g) = 17 L

**BARLEY** (100 g) = 190 L

**VEGETABLES** (100 g) = 19,5 L

**OTHER MEAT** (150 g) = 2025 L

**SOYBEANS** (100 g) = 275 L

**POTATO** (1) = 25 L (1 kg = 105 L)

**PINEAPPLE** (100 g) = 42 L

**OTHER FRUITS** (100 g) = 45,5 L

**DATES** (100 g) = 166 L

**GRAPES** (100 g) = 45,5 L

**CHOCOLATE** (100 g) = 2400 L

**LEMON** (100 g) = 34 L

**CUCUMBER** (100 g) = 24 L

**TREE NUTS** (100 g) = 494 L

**MARGHERITA PIZZA** = 1216L



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