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Post: Water input levels to grow various foods



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Water is a valuable resource, even with a vegan diet, as that too can use a lot of water. The table below compares the input water amounts it takes to create the food from animal products and plants. People then can know which products to avoid, including high-water using vegan foods, but also keep a perspective on how not every animal product uses a lot of water.

Purposes:

- Vegans can be ecological in water usage too in addition to pursuing animal rights.
- Knowing the animal products that are lower on the scale can help those who can't give up animal products just yet be more eco-friendly in their choices.
- confirms that vegan foods tend to use less water than animal products lower on the table, but be aware that many vegan foods can use more water than even beef to grow!
 - this knowledge can let vegans hone in better when making arguments against animal products, as while a vegan diet can theoretically use more water than an omnivore diet, it's much easier to use less water for a vegan diet than an animal-based one.

Notes:

- Each number is the number of gallons it takes to produce one pound of food.
- The list is not complete, as in not every food will be on it.
 - Some foods aren't eaten in various places (horses aren't eaten in the US, which require 6250 gallons water/lb food)
 - There isn't data on all of them in the document (some say 0 gallons, which isn't true. So it doesn't count)
- Every food requires irrigation at some point - not one food here relies entirely on rain (some get close). Best to eat low on the table.

Note: outside of a few animal products, most foods use little water are vegan.

Source: www.hydrol-earth-syst-sci.net/15/1577/2011/

Attachments



water usage - foods.xlsx

Comments

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