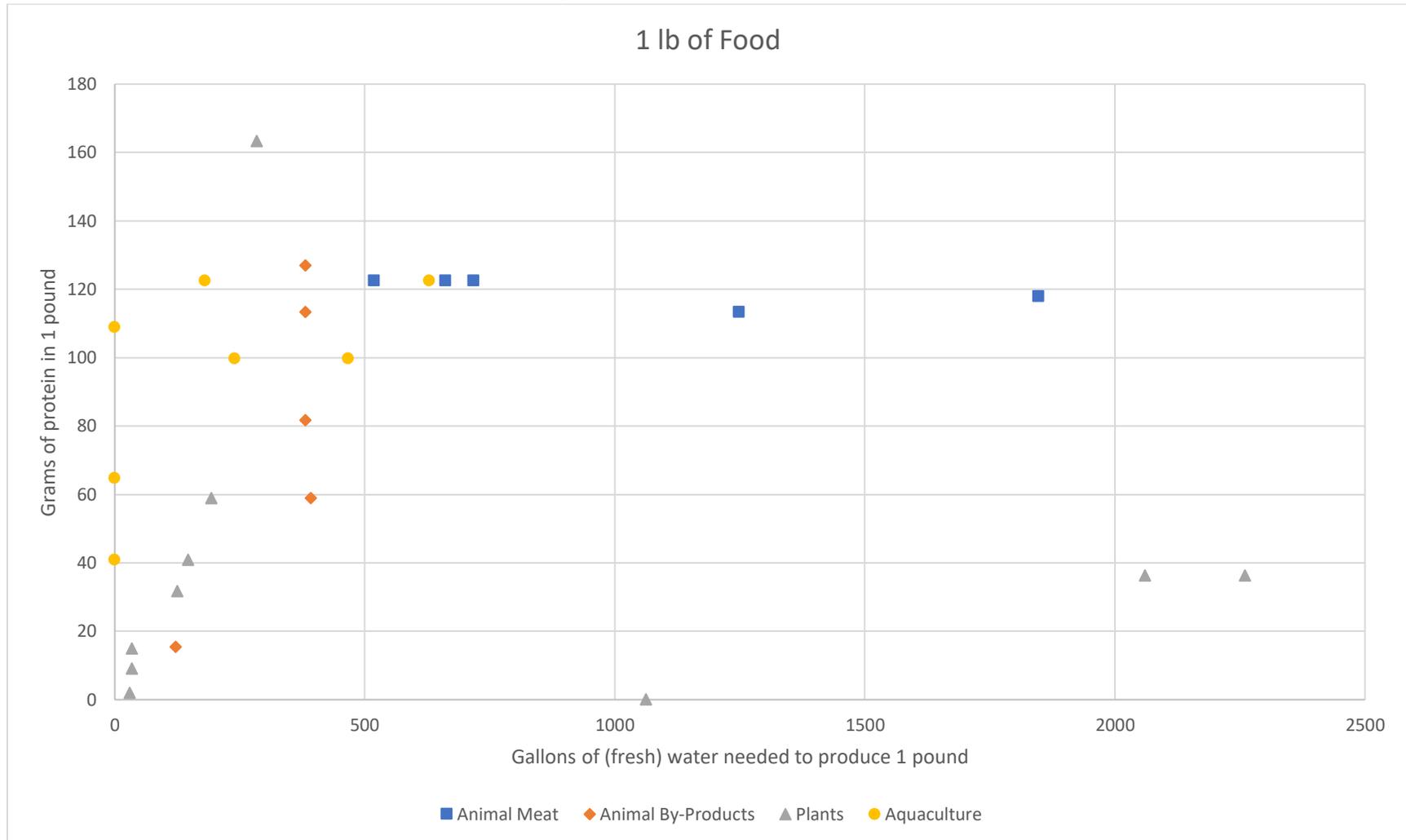


# Water Footprint vs. Protein Content



Water footprint data from the Water Footprint Network (website: <http://waterfootprint.org/en/> )

Protein content data from the United States Department of Agriculture (via Google search)

Aquaculture data from 1) Maine Coast Sea Vegetables (website: [https://www.seaveg.com/shop/index.php?main\\_page=page&id=15&chapter=5](https://www.seaveg.com/shop/index.php?main_page=page&id=15&chapter=5) ) and 2) Pahlow, M, van Oel, P.R., Mekonnen, M.M., Hoekstra, A.Y. (2015). Increasing pressure on freshwater resources due to terrestrial feed ingredients for aquaculture production. *Science of the Total Environment*, 536, 847-857.

<b>Food</b>	<b>Water Footprint (gallons)</b>	<b>Protein Content (grams)</b>	<b>Notes</b>
<b>ANIMAL MEATS</b>			
<b>Beef</b>	1850	118	1 lb = 4 quarter-pound hamburgers
<b>Chicken</b>	518	122	
<b>Goat</b>	662	122	
<b>Lamb</b>	1250	113	
<b>Pork</b>	718	122	
<b>ANIMAL BY-PRODUCTS</b>			
<b>Cheese</b> (American)	381	82	1 lb = 4 cups grated cheese
<b>Cheese</b> (Cheddar)	381	113	
<b>Cheese</b> (Mozzarella)	381	127	
<b>Eggs</b> (chicken)	391	59	1 lb = 10 medium eggs
<b>Milk</b> (cow)	122	15	1 lb = about 2 cups
<b>PLANTS</b>			
<b>Bread</b> (wheat)	193	59	1 lb = 16 slices of bread
<b>Cocoa Beans</b>	2060	36	1 lb = makes about 16 regular sized milk chocolate bars
<b>Coffee Beans</b>	2260	36	1 lb = brews 2 gallons of coffee, or 65 mugs of coffee
<b>Corn</b>	146	41	1 lb = 3 ears of corn
<b>Potatoes</b>	34	9	1 lb = about 3 russet potatoes
<b>Potato Chips</b>	125	32	1 lb = 2 family-sized bags
<b>Soybeans</b>	283	163	1 lb = 2.5 cups
<b>Tea Leaves</b> (black)	1060	0	1 lb = brews 9.5 gallons of tea, or 150 mugs of tea
<b>Almond Milk</b> (chocolate)	30	2	1 lb = about 2 cups
<b>Soy Milk</b>	34	15	1 lb = about 2 cups
<b>AQUACULTURE</b>			
<b>Atlantic Salmon</b> (feed 1)	240	100	Water footprint depends on feed type – plant-based (often soy) or meat-based (often fish)
<b>Atlantic Salmon</b> (feed 2)	467	100	
<b>Blue Mussels</b>	0	109	Filter feeder
<b>Eastern Oysters</b>	0	41	Filter feeder
<b>Rainbow Trout</b> (feed 1)	180	122	Water footprint depends on feed type – plant-based (often soy) or meat-based (fish or insects)
<b>Rainbow Trout</b> (feed 2)	629	122	
<b>Sugar Kelp</b>	0	65	Photosynthesizes