

More Invisible Water Costs

Sample Foods

Average H₂O to Produce

Almonds	259.2 gallons per cup
Apple	18.5 gallons to grow
Avocado	42.6 gallons to grow
Beef	1,581 gallons per pound
Black tea	5.5 gallons per cup
Broccoli	27.4 gallons per pound
Cheese	414.2 gallons per pound
Chicken	468.3 gallons per pound
Coffee	37 gallons per cup
Corn	108.1 gallons per pound
Granola	65 gallons per cup (varies)
Mango	81.9 gallons to grow
Oats	122.7 gallons per pound
Pasta	230.5 gallons per pound
Soybeans	224 gallons per pound

Activities

All U.S. golf courses	3.1 billion gallons a day
Occupied hotel room	200 gallons a day
Typical ski resort	800 million liters per snow season

Clothing

Cotton dress shirt	975 gallons
Cotton socks	244 gallons
Jeans	2,866 gallons each
Sneakers	1,247 gallons a pair

Household Goods

Book	42.8 gallons
Car	39,000 gallons
Carpet	14,650 gallons per 1,000 sq. ft. synthetic
Computer	10,556 to 42,267 gallons
Paper	3 cups per sheet
Pet bed	1,654 gallons (medium)
Pet food	1,580 gallons per pound of meaty canned food
Soap	180.4 gallons per 3.2-ounce bar
Television	3,900 to 65,500 gallons (per make/model/size)

Source: The Green Blue Book, by Thomas M. Kostigen (Rodale Books; TheGreenBlueBook.com)

WATER FACTOIDS

Humans need five to 13 gallons of clean water a day for basic needs.

Source: United Nations Educational, Scientific and Cultural Organization

Indoor direct water use for the average American is 69.3 gallons a day. That's equal to the combined daily use of one person each in China, Pakistan, Bangladesh, Paraguay, Afghanistan and Somalia.

Primary Source: Residential End Uses of Water, by Peter Mayer

Direct water use for a family of four in the United States is 400 gallons a day. Thirty percent of that is for outdoor use alone, or 30 gallons per person, the same amount a person uses for all daily needs in Algeria.

Source: U.S. Environmental Protection Agency's Water Sense program

A 1 percent increase in organic matter allows soil to hold 16,000 more gallons of water per acre.

Source: National Sustainable Agriculture Project

One billion people around the world lack access to safe drinking water.

Source: World Health Organization

Due to conservation efforts, per-capita water use has declined an average of 1 percent or more each year between 1990 and 2008 in 100 communities that depend on the Colorado River, but as populations expand, total water drawn from the river during the same period has climbed 5 percent.

Source: Pacific Institute

New York City uses about 30 percent less water than it did in 1979, although its population has grown by at least 1 million.

Source: New York City Department of Environmental Protection

Desalination plants produce less than 0.5 percent of the water used in the world.

Source: National Geographic