

Sample Daily Menu

How much water does it take to grow the food we eat?
You might be surprised –

Gallons of water required
for food production

Breakfast

Orange Juice	31.4
Spanish Omelette	40.1
Crunchy Berry Parfait	92.5
Breakfast Total	164.0

Morning Snack

Apple Slices with Peanut Butter	19.1
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Lunch

Steak Fajitas	318.4
Bell Pepper and Apple Coleslaw	20.2
Lemonade	21.8
Lunch Total	360.4

Afternoon Snack

Cinnamon Apple Raisin Cookie	42.1
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Dinner

Greek Pork Chops	154.1
Spring Vegetable Sauté	24.7
Mashed Potatoes with Margarine	22.5
Soft Drink	23.4
Dinner Total	224.7

Daily Total	810.3
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Recipes: www.myplate.gov

Water data: UN FAOSTAT, 2017; USDA FNS

Farmers use water to grow food and fiber. However the people who consume the farm products are the true users of water. The investment in water as a society is an essential component of producing a safe and nutritious domestic food supply.

