

WATER USAGE TRACKER FOR THE AVERAGE US CITIZEN

The average: 2060.54201 gallon/day (waterfootprint.org)

[Very different from website to website...and within the same website...hm...looks like we're still treading new waters (bad pun intended)]

Conversion factor from L/kg to gal/oz: 0.00748915165

Activity/Thing	Water Used	Source
1 apple	217 gallons	http://www.angelamorelli.com/water/ (worth noting that Nat Geo said it takes 18 gallons for 1 apple...)
pair of jeans in US	2900 gallons	http://waterfootprint.org/en/resources/interactive-tools/product-gallery/
One large banana (200gr)	42.27 gallons	
Beef 1lb beef -----	4072.21219 g/ kg ---1034 gal	
Bread (from wheat)	424.7887 g/kg 1 loaf = 240 gal	
60 gram Egg	51.7 gallons	
Cucumber or Pumpkin	93.25/ kg	
Coffee (cup of 125ml)	34.87 gallons	
Chocolate	4542.70g / kg	
Chicken Meat	1142.544 g/ kg	
Cheese	839.53 g/ kg 1lb = 382gal	
Cabbage	62.61 g/ kg	
Butter	1466.94 g/ kg	
Glass of Milk (250ml)	67.36387	
Pizza Margherita	332.59 gallons	(50 percent of that goes to mozzarella, 44 percent to wheat flour, and 6 percent to the

		tomato sauce).
Rice	659.63 gallons / kg	
Potatoe	75.81 gallons / kg	
Bath	Aproximately 36 gallons	
http://virtualwater.eu/pics/poster_products_and_600.gif Shower	Old showers: 5 gallons / min Water-saving showers: 2 gallons/ min	
Teeth brushing	New ones: less than 1 galon Old ones: 2 gallons	1 gal
1 soda	46 gal	
1 small bag of potato chips	12 gallons	
1 egg	52.8344105gal	
35oz ketchup	140 gal	
1 pasta noodle	½ gallon	
1 lettuce	15 gal	
1 tomato	22 gal	

1 cabbage	24 gal	
1 cucumber	28 gal	
1 potato	30 gal	
1 apple	83 gal	
1 orange	55 gal	
1 banana	102 gal	
1 corn	107 gal	fr
1 peach	142 gal	
1 mango	190 gal	
1 avocado	220 gal	
tofu	244 gal	
1lb chocolate	2847 gal	
1oz rice	25.463 gal	
1oz chz	37.4457	
1oz pork	35.9479 gal	

1oz beef	116.08185 gal	
1oz chicken	29.2077 gal	
1 glass of orange Juice	49 gal	http://www.calacademy.org:8080/sites/default/files/assets/docs/pdf/ee_howmuchwaterdoyoueat_updated_1.pdf

1 large pancake	45 gal	
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