

# Food

<b>THE PRODUCT</b>	<b>WATER NEEDED TO PRODUCE IT</b>
an almond	1 gallon
a walnut	5 gallons
a head of lettuce	12 gallons
a cluster of grapes	24 gallons
an egg	53 gallons
a pound of chicken	468 gallons
a gallon of milk	880 gallons
a pound of beef	1,800 gallons

**based on data created by  
Pacific Institute and National Geographic**