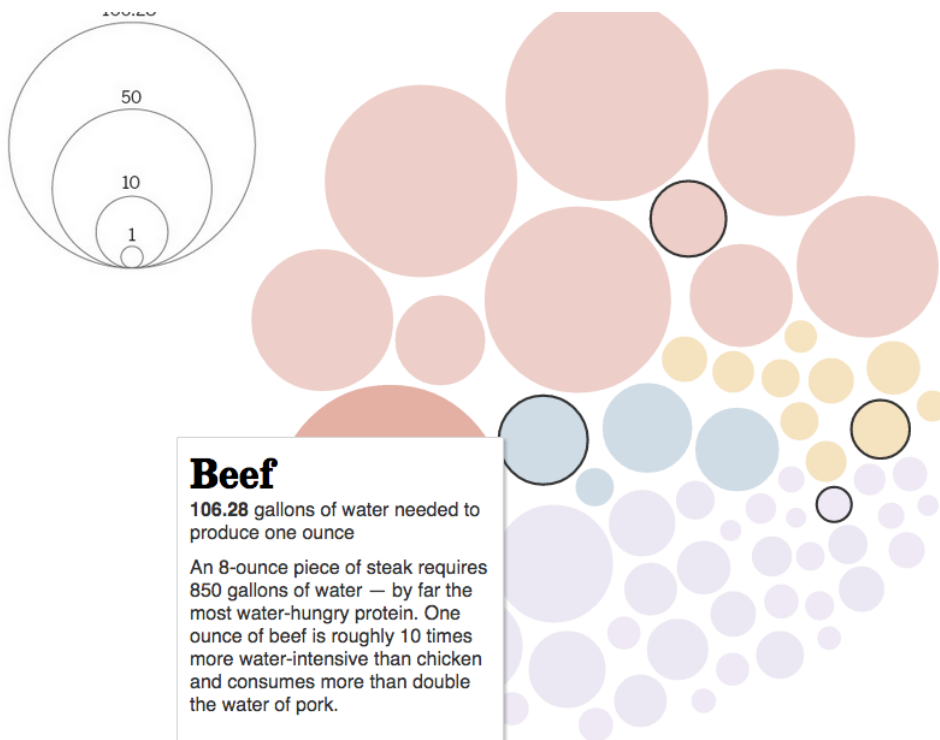


From steak to mangoes, here are some water-hogging foods

By Kyle
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With California's drought worsening, there has been a growing focus on the [amount of water needed](#) to produce certain foods.



Source: M.M. Mekonnen and A.Y. Hoekstra (2010), "[The Green, Blue and Grey Water Footprint of Crops and Derived Crop Products](#)," and "[...of Farm Animals and Animal Products](#)," Value of Water Research Report Series No. 47 and 48, UNESCO-IHE, Delft, the Netherlands.

(Los Angeles Times)

So how do foods typically eaten by Americans stack up? The selected foods in the graphic provide a representative example, based on a report published [by the UNESCO](#) Institute for Water Education. [See the full interactive version of the graphic here.](#)

Cutting [food derived from](#) animals from our diet can significantly help water conservation efforts, water management expert Arjen Y. Hoekstra says in a recent report.

Animal products generally have a larger water footprint than crop products per weight and nutritional value, according to the data.

So what are some thirsty foods? Beef, pork, lamb, chickpeas, lentils, peas, goat, mangoes and asparagus.

Less thirsty crops? Cabbage, strawberries, onions, lettuce, carrots, eggplant, grapefruit and tomatoes.

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UPDATE

9:38 a.m April 8: This post was updated to include information from the Institute for Water Education.

This post was originally published at 2:42 p.m. April 6.