

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

By Kyle  
Kim

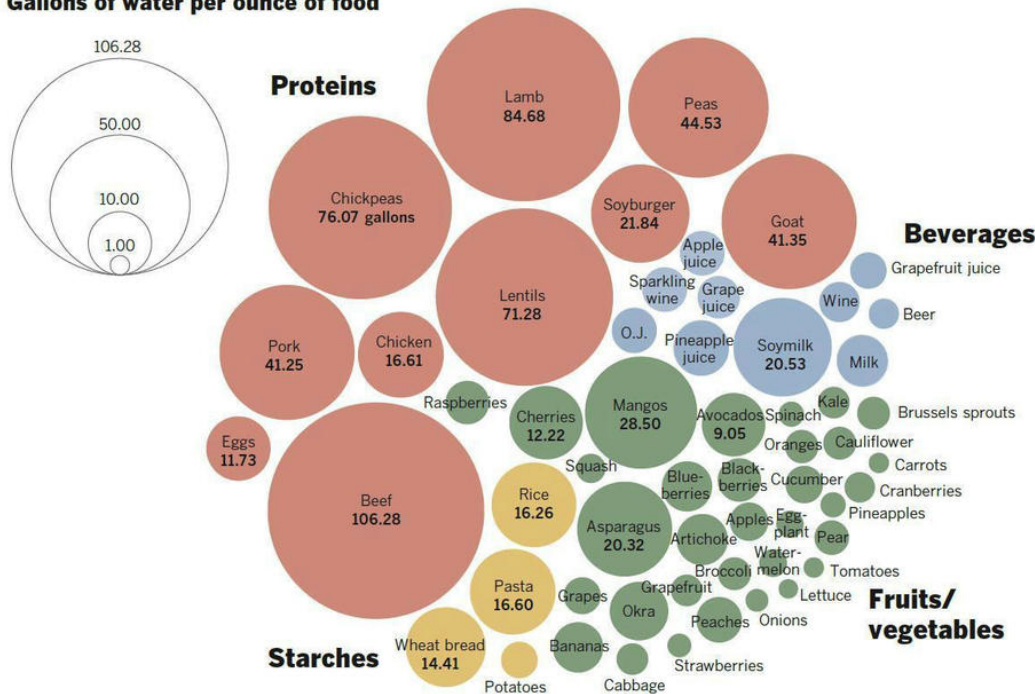
LOCAL L.A. Now

How much water is needed to produce certain foods?

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

In particular, there has been much debate recently about the [growing of almonds](#) in the Central Valley.

**Gallons of water per ounce of food**



A look at how much water it takes to produce certain foods. (Los Angeles Times)

## GRAPHIC: It took 969 gallons of water to produce this meal

"Almonds are especially thirsty in the southern San Joaquin. But there's a lucrative overseas market for them so growers have been planting more and more trees. Basically, one almond requires a gallon of water to produce," wrote [Times columnist George Skelton](#).

But almonds are far from the only thirsty foods. Others include beef, pork, lamb, chickpeas, lentils, peas, goat, mangoes and asparagus.

8

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

[FULL COVERAGE: California drought](#)

