



*How-To:*

**CALCULATE THE  
WATER  
FOOTPRINT OF  
ANY FOOD**

# How to Calculate the Water Footprint of any Food

## 1. Find the Foods that you want to find the Water Footprint of

This step is easy: All you have to do is think of a food that you want to find the water footprint of.

As an example, I'm going to be finding the water footprint of one slice of bread.

## 2. Visit WaterFootprint.org (specific link is below)

Go to the waterfootprint.org website

(<http://waterfootprint.org/en/resources/interactive-tools/product-gallery/>), and you'll find an interactive gallery that shows the water footprint of different foods and products in litres per kilogram.

Get a snapshot of the impact of your daily lifestyle. Compare how much water is used to make a variety of products so that you can choose to reduce your water footprint. For those that want to find out more, the green, blue and grey water footprint shows the source of water consumed and the volume of fresh water required for assimilation of pollutants.

### Interactive Gallery



Link: <http://waterfootprint.org/en/resources/interactive-tools/product-gallery/>

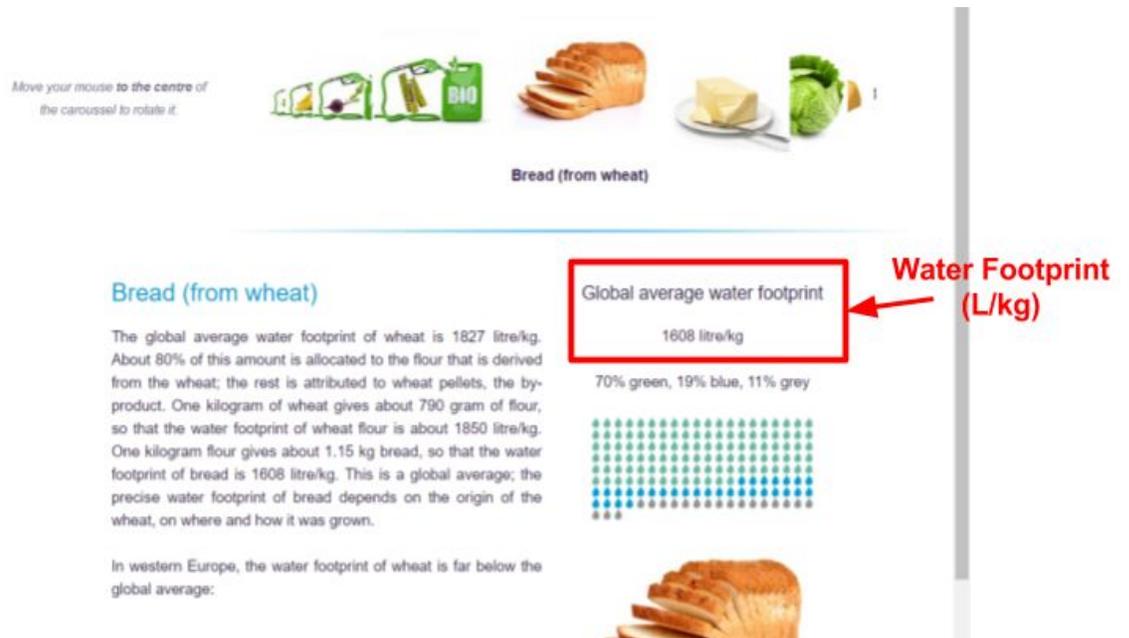
## 3. Find the Water Footprint of Your Food (L/kg)

Find your food in the interactive gallery.

If you're lucky, there might already be a water footprint per item. In this case, you're done and you can skip the rest of the steps.

Otherwise, look to the bottom right of the gallery and you'll find the water footprint in litres per kilogram.

As an example, I'm finding the water footprint of bread, which you can see in the image below is 1608L/kg.



Because the water footprint is in L/kg, you can't just use that number as the water footprint. Instead, you have to first find the mass of your food and use that number to calculate the actual water footprint (I'll show you how in the next step below).

#### 4. Find the mass (or weight) of your Food in kilograms

To find the mass of your food, you could weigh it with a scale.

If you don't have a scale or if you don't have the food in front of you, you could also search online for the average weight of your food.

For example, when I search the average weight of a slice of bread in Google, I find that it's around 50 grams.

Google **average weight of a slice of bread**

All Images News Shopping Videos More Settings Tools

About 612,000 results (0.91 seconds)

It is measured in grams. (There are 28 grams in an ounce.)  
The RACC for bread is **50 grams**, which is based on an average of many different bread types. Some breads are denser than others and as a result a single slice will weigh in at **50 grams** or higher. Nov 24, 2014



Is a Serving of Bread One Slice or Two Slices? | Fooducate  
[www.fooducate.com/.../Is%20a%20Serving%20of%20Bread%20One%20Slice%20or%20...](http://www.fooducate.com/.../Is%20a%20Serving%20of%20Bread%20One%20Slice%20or%20...)

About this result Feedback

People also ask

- How many calories are in a slice of bread?
- How many calories are in a slice of Warburtons bread?
- How many servings are in a loaf of bread?
- What is the serving size of bread?

Feedback

Convert 1 slice (average weight of 1 slice) to 1 kg, kilogram of Bread ...  
[www.traditionaloven.com/.../slice-average-weight.../bread-pan-dulce-sweet-yeast-...](http://www.traditionaloven.com/.../slice-average-weight.../bread-pan-dulce-sweet-yeast-...)  
Conversion of slice (average weight of 1 slice) amounts of Bread, one slice, bread, yeast bread into

Now that I know this, I can convert 50 grams to kilograms by using an online unit converter. 50 grams turns out to be 0.05 kilograms.

Google **grams to kilograms**

All Images Videos Books News More Settings Tools

About 742,000 results (0.80 seconds)

Mass

50 = 0.05

Gram Kilogram

More info Feedback

Grams to Kilograms (g to kg) converter | Weight conversion  
[www.rapidtables.com/Conversion/Weight](http://www.rapidtables.com/Conversion/Weight)  
1 gram (g) is equal to 0.001 kilograms (kg).

Grams to Kilograms conversion  
[www.metric-conversions.org/.../WeightConverter/GramsConversion](http://www.metric-conversions.org/.../WeightConverter/GramsConversion)  
Grams to Kilograms (g to kg) conversion calculator for Weight conversions with additional tables and formulas.

Kilograms to Grams - How many grams in a kilogram? - Ask Numbers  
[www.asknumbers.com/KilogramsToGrams.aspx](http://www.asknumbers.com/KilogramsToGrams.aspx)  
1 kilogram equals to 2.20462262 pounds. In metric system, the prefix kilo denotes the factor of 1000 which makes it easier to remember how many grams in a kilogram. The abbreviation is "kg". Gram is a metric system unit of mass.

People also ask

## 5. Calculate the Actual Water Footprint

Last step! All that's left now is to calculate the water footprint of your food.

### Here's how:

Multiply the water footprint (L/kg) that you found in Step 3 by the mass of your food (kg) that you found in step 4.

For example, the water footprint of bread in L/kg is 1608L/kg, and the mass of one slice of bread in kg is about 0.05kg.

$$1608 \times 0.05 = 80.4$$

Therefore, the water footprint of one slice of bread is 80.4 litres.

---

I hope this step-by-step guide helped you find the water footprint of your food!

To learn more about the water footprint of food, visit this link:

<https://get-green-now.com/food-water-footprint-infographic>

---

Brought to you by [get-green-now.com](https://get-green-now.com)

<https://get-green-now.com>