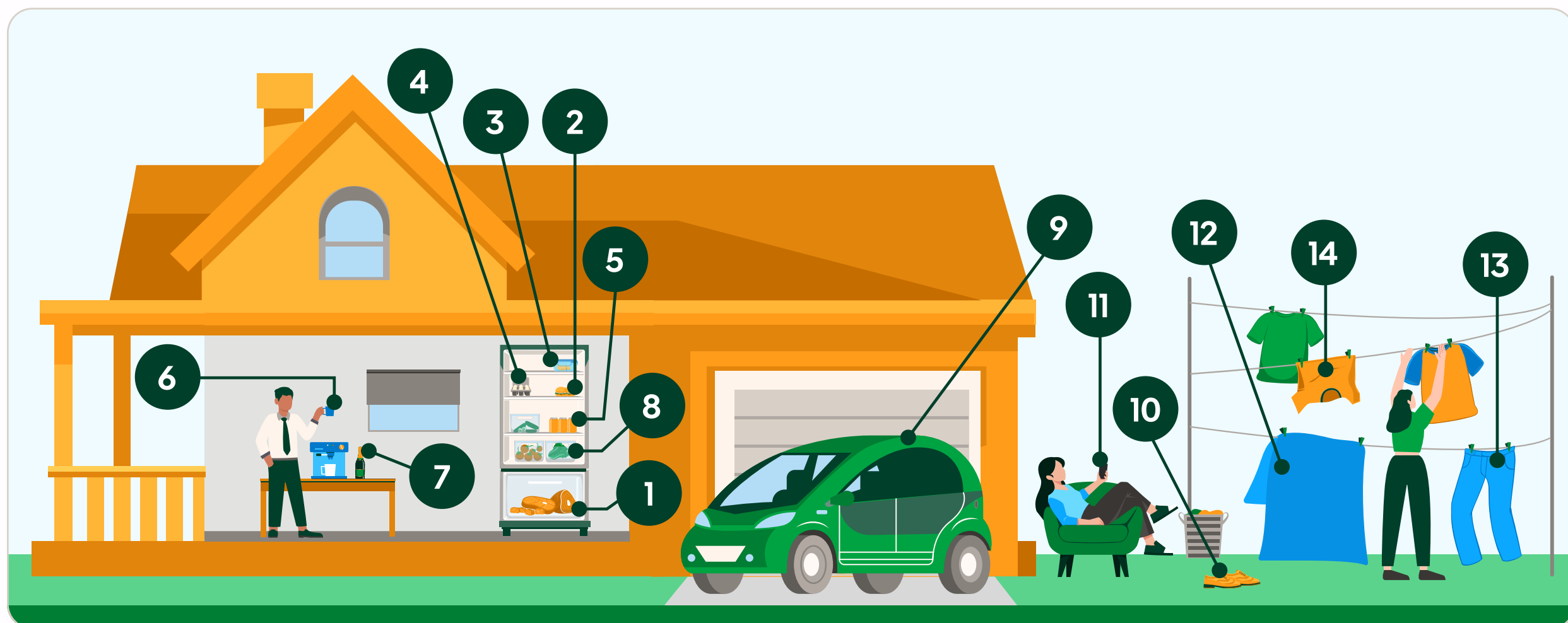


# How many litres of water are needed to produce everyday products?



## Foods

Product	Typical portion	Water required (L)*
1 Beef	170 g	2,000–3,000
2 Hamburger (bread and vegetables)	1 unit	2,000–3,000
3 Ham	85 g	400–700
4 Egg	1 unit	150–250
5 Soft drink	500 ml	150–250
6 Coffee	1 cup (~240 ml)	100–180
7 Wine	1 glass (~150 ml)	100–180
8 Salad (tomato, lettuce, cucumber)	1 serving	50–120

## Everyday products

Product	Unit	Water required (L)*
9 Car	1	50,000–90,000
10 Leather shoes	1 pair	10,000–15,000
11 Smartphone	1 device	10,000–15,000
12 Cotton bedsheet	1	8,000–12,000
13 Cotton jeans	1 pair	7,000–10,000
14 Cotton T-shirt	1	2,000–3,000

\* Figures are average estimates. Water footprints vary depending on region, climate, technology used and agricultural and industrial practices.

Source: estimates based on the [Water Footprint Network](#) and international life cycle assessment studies.