



Burrito on My Plate

The Water Footprint of a

vegan vs. meat burrito



= 56.25 gallons of water

Vegan Burrito without Tofu

3.5 oz. wheat tortilla, 4 oz. cooked rice, 4 oz. black beans, 4 oz. pinto beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 2.52 oz. guacamole (990 calories)

225 GALLONS



Vegan Burrito with Tofu

3.5 oz. wheat tortilla, 4 oz. cooked rice, 4 oz. black beans, 4 oz. pinto beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 4 oz. tofu (990 calories)

253 GALLONS



Beef Burrito

3.5 oz. wheat tortilla, 1.5 oz. black beans, 3.5 oz. tomato salsa, 3.5 oz. corn salsa, 2.52 oz. guacamole, 4 oz. beef steak (990 calories)

541 GALLONS



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For more information, see <http://www.vrg.org/environment/>

Based on figures from A.Y. Hoekstra and Dr. M.M. Mekonnen, USDA, USDA Extension Agents, and food companies