Every Picture Tells a Story. How Much Water Do You Consume?

By Chuck Dinerstein, MD, MBA — May 12, 2020

You know the admonition to drink eight glasses of water a day to remain hydrated. But the truth is when you consider the water needed to produce what we eat -- think of it as virtual water -- we consume a lot more.

Image courtesy of Zaccaria Boschetti on Pixabay [1]
If we consider the water used in producing our foods, California is a net-importer and the Mid-West a net exporter.

*The US as a whole then exports our water so the rest of the world can eat it.*