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.
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.*
From Craftsmen Quarterly, *The Water We Eat* [2].

COPYRIGHT © 1978-2016 BY THE AMERICAN COUNCIL ON SCIENCE AND HEALTH

**Source URL:** https://www.acsh.org/news/2020/05/12/every-picture-tells-story-how-much-water-do-you-consume-14781

**Links**
[2] https://craftsmanship.net/the-water-we-eat/