

## Translate your burger into grain, forest, and water



=



12 POUNDS OF  
GRAIN

+



55 SQUARE FEET  
OF RAINFOREST

+



2,500 GALLONS  
OF WATER

### Grain

It takes 12 pounds of grain to produce one pound of hamburger. This could make 8 loaves of bread, or 24 plates of spaghetti. Grain consumption by livestock is increasing twice as fast as grain consumption by people. Cattle consume 70% of all U.S. grain.

### Rain Forest

While not all hamburgers come from the rain forest, for every pound of rain forest beef, approximately 660 pounds of precious living matter is destroyed, including 20—30 different plant species, over 100 insect species, and dozens of mammals and reptiles.

### Water

It takes 2,500 gallons of water to produce one pound of hamburger. This could be used to grow more than 50 pounds of fruits and vegetables. Half of all water consumed in the United States is used to grow feed and provide drinking water for cattle and other livestock.

Some of these facts may be outdated. See [Energy, Food and You](#)  for updated figures.

## Children's Food and Nutrition

Food looms large in most kids' lives. But ask youngsters about the origins of their edibles, and few are likely to think beyond supermarkets and fast-food restaurants. When kids examine the life stories of produce and make "fruit"ful local connections -- discovering that crops grown close to home are tastier, more nutritious, and better for communities and the environment -- they are more likely to opt for a sustainable food future.

The Rodale Institute sponsors [Kids Regen](#), a Web site that offers a wealth of [educational resources](#) to help kids grow up healthy on a healthy planet.