

# Eating, Drinking, & Exercising in a Warming World - Food Footprint

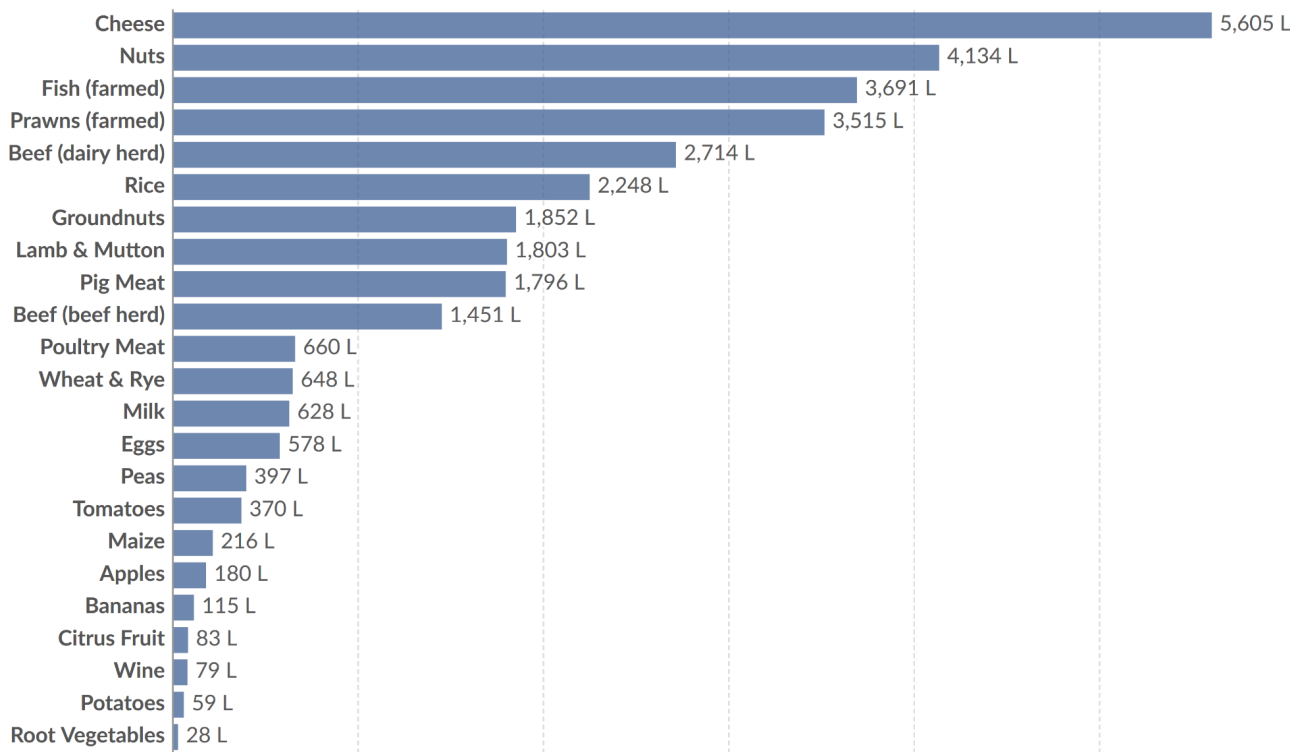
17 April, 2024

## Freshwater withdrawals per kg of food product<sup>1</sup>

### Freshwater withdrawals per kilogram of food product

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Freshwater withdrawals are measured in liters per kilogram of food product.



Data source: Joseph Poore and Thomas Nemecek (2018).

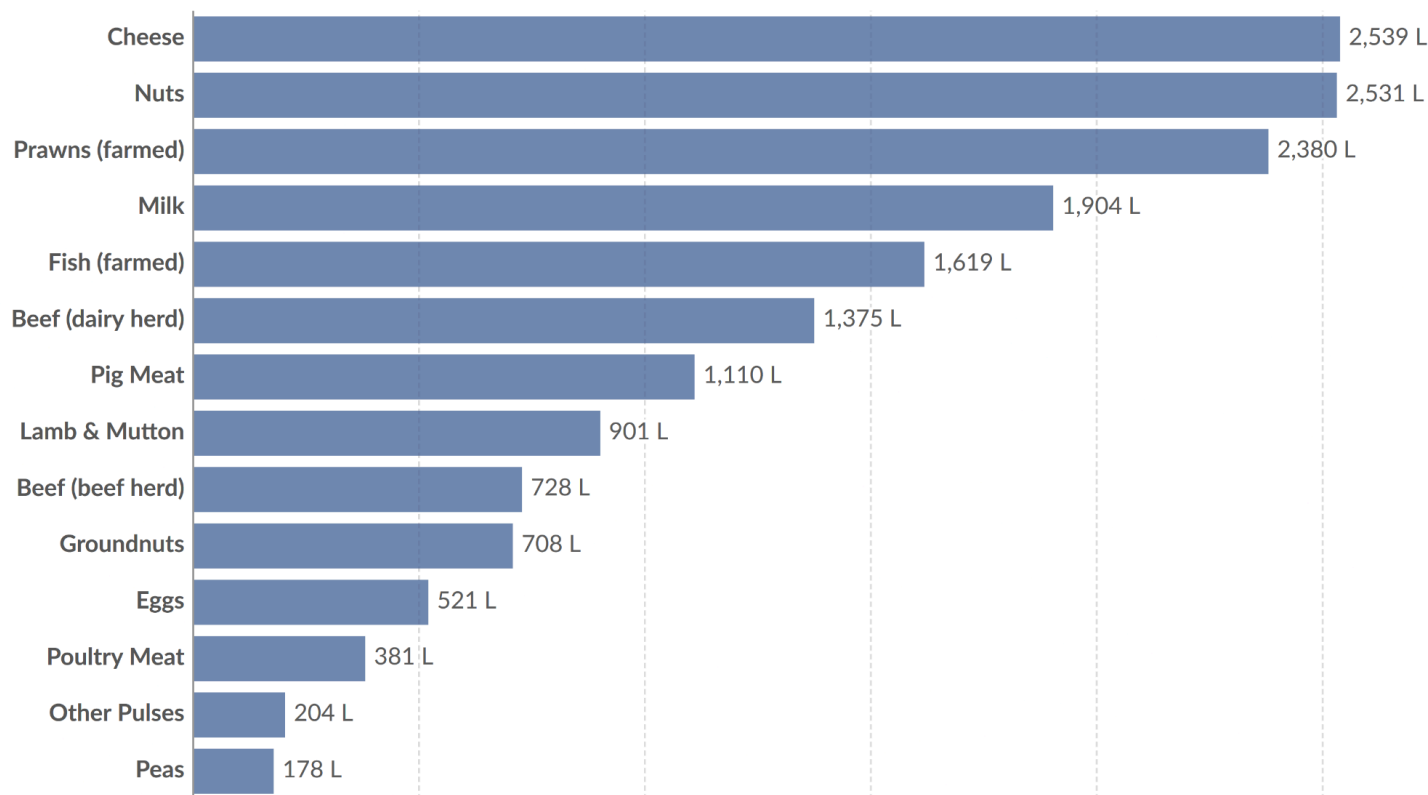
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## Freshwater withdrawals per 100g of protein<sup>2</sup>

### Freshwater withdrawals per 100 grams of protein

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Freshwater withdrawals are measured in liters per 100 grams of protein.



Data source: Joseph Poore and Thomas Nemecek (2018). Additional calculations by Our World in Data.  
[OurWorldInData.org/environmental-impacts-of-food](https://OurWorldInData.org/environmental-impacts-of-food) | CC BY

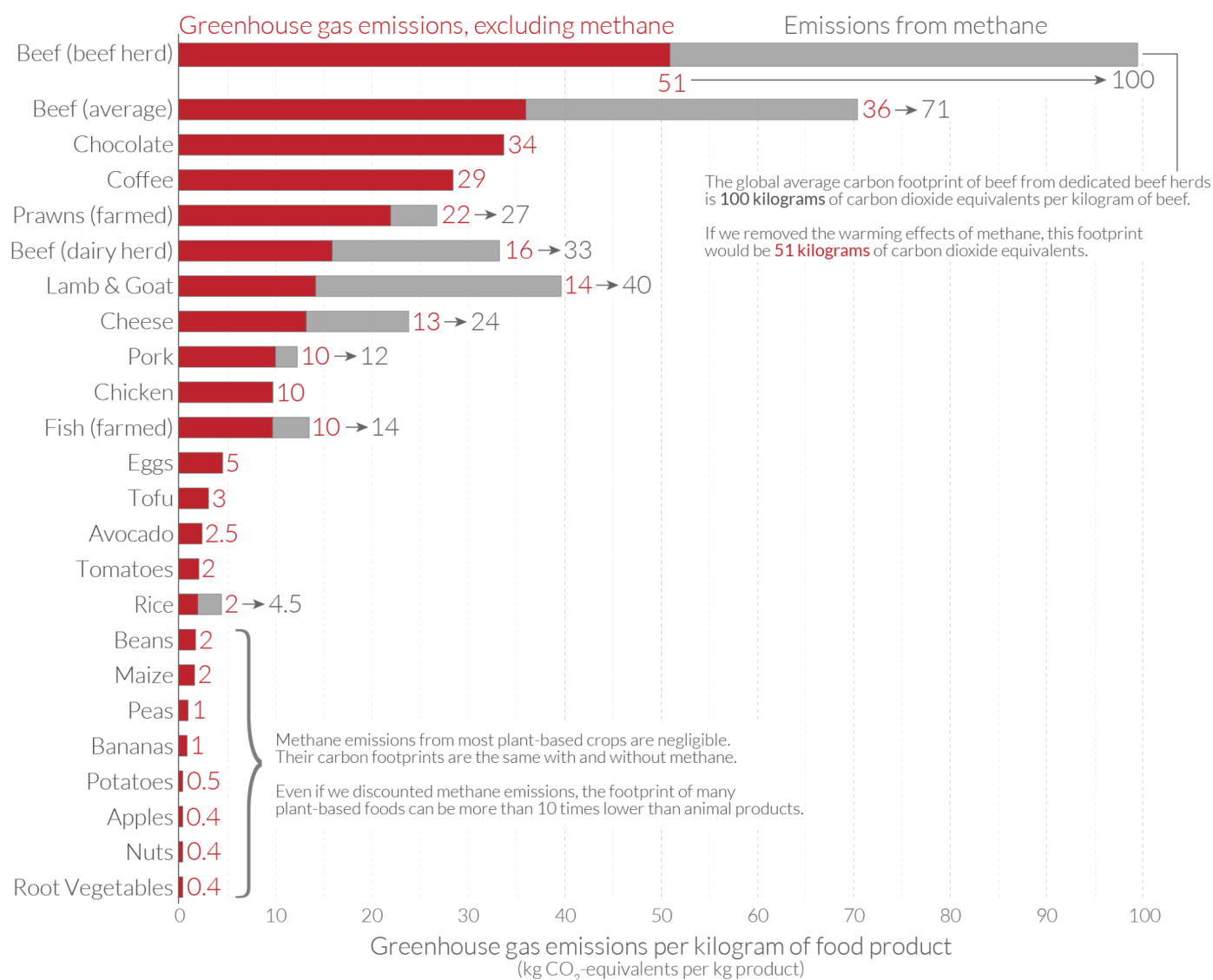
# Greenhouse gas emissions from food<sup>3</sup>

## Greenhouse gas emissions from food, short vs. long-lived gases

Greenhouse gas emissions are measured in carbon dioxide-equivalents (CO<sub>2</sub>eq) based on their 100-year global warming potential (GWP).

Global mean emissions for each food are shown with and without the inclusion of methane – a short-lived but potent greenhouse gas.

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Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries.

Data source: Poore & Nemecek (2018). Reducing food's environmental impacts through producers and consumers. *Science*.

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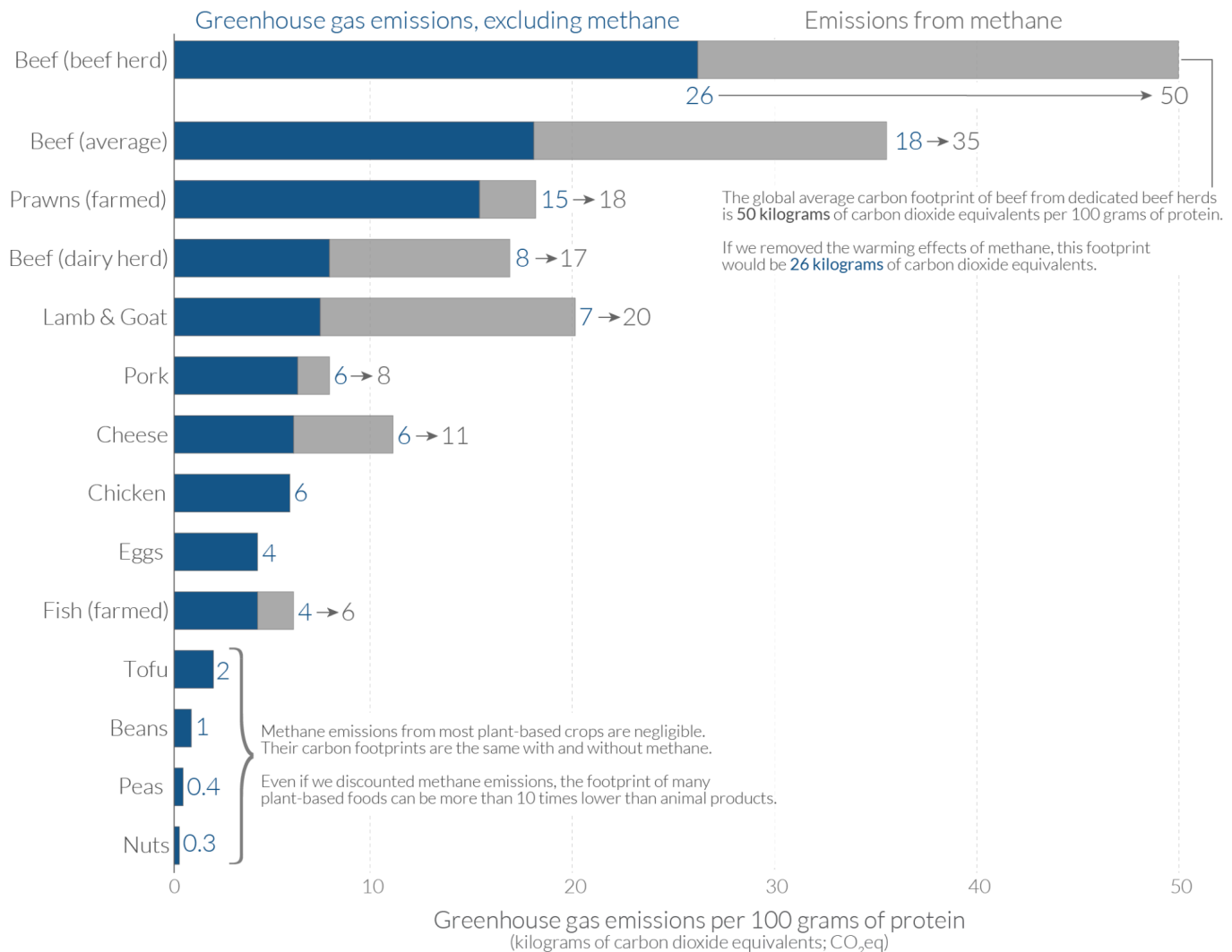
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# Greenhouse gas emissions from protein<sup>3</sup>

## Greenhouse gas emissions from protein-rich foods, short vs. long-lived greenhouse gases

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Greenhouse gas emissions are measured in carbon dioxide-equivalents (CO<sub>2</sub>eq) based on their 100-year global warming potential (GWP). Global mean emissions for each food are shown with and without the inclusion of methane – a short-lived but potent greenhouse gas.



Note: Greenhouse gas emissions are given as global average values based on data across 38,700 commercially viable farms in 119 countries.

Data source: Poore & Nemecek (2018), Reducing food's environmental impacts through producers and consumers. *Science*.

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## References

1. Freshwater withdrawals per kg of food product: <https://ourworldindata.org/grapher/water-withdrawals-per-kg-poore>
2. Freshwater withdrawals per 100g of protein: <https://ourworldindata.org/grapher/water-per-protein-poore>
3. The carbon footprint of foods: <https://ourworldindata.org/carbon-footprint-food-methane>