

Calculation of Water Footprint and Land



Hamburger

Use

Arable Land Use Footprint

Ingredients	Quantity	Arable land use of products [m ² /kg]	Arable land use [m ² /portion]
Beef (bovine meat)	120g	7,58	
Onions	20g	0,22	
Sunflower oil	50g	6,41	
Wheat flour	90g	1,58	
Lettuce	60g	0,29	
Tomatoes	20g	0,125	
Ketchup	20g	0,56	
Cheese	20g	5,44	
Total:			

Water Footprint

Ingredients	Quantity	Water footprint of products [m ³ /kg]			Water footprint [m ³ /portion]		
		Green	Blue	Grey	Green	Blue	Grey
Beef (bovine meat)	120g						
Onions	20g						
Sunflower oil	50g						
Wheat flour	90g						
Lettuce	60g						
Tomatoes	20g						
Ketchup	20g						
Cheese	20g						
Totals:							

Have a look in the data sheets for the water footprint of crop & animal products.

Watch out! The units of measure may differ!
1 ton = 1000 kg