Blockchain Energy Consumption by Consensus Type

Argentina (~150 TWh/yr)

Legend:
- Proof of Work
- Proof of Stake

Category	Value
All PoS combined	0.100 TWh
Polkadot (PoS)	0.007 TWh
Cardano (PoS)	0.006 TWh
Eth post-Merge (PoS)	0.010 TWh
Litecoin (PoW)	0.500 TWh
Eth pre-Merge (PoW)	94 TWh
Bitcoin (PoW)	150 TWh

PoS: 99.95% energy reduction vs PoW

Annual Energy Consumption (TWh, log scale)