

| CIBO/BEVANDE                | QUANTITA'                  | LITRI ACQUA | FONTI | CIBO/BEVANDE         | QUANTITA'           | LITRI ACQUA | FONTI |
|-----------------------------|----------------------------|-------------|-------|----------------------|---------------------|-------------|-------|
| Albicocche                  | 1 albicocca (30 g)         | 39          | d     | Broccoli/ Cavolfiori | 1 porzione (150 g)  | 43          | d     |
| Arachidi                    | 10 arachidi (10 g)         | 28          | h     | Carote               | 1 carota (75 g)     | 15          | d     |
| Arance                      | 1 arancia (140 g)          | 78          | h     | Fagiolini            | 1 porzione (150 g)  | 82          | h     |
| Banane                      | 1 banana (150 g)           | 118         | h     | Insalata             | 1 piatto (50 g)     | 12          | h     |
| Ciliegie                    | 10 ciliegie (100 g)        | 160         | d     | Legumi               | 1 porzione (150 g)  | 84          | d     |
| Clementine/ Mandarini       | 1 frutto (70 g)            | 53          | d     | Melanze              | 1 porzione (150 g)  | 54          | d     |
| Fragole                     | 1 porzione (150 g)         | 52          | h     | Olive                | 10 olive (30 g)     | 90          | h     |
| Frutta secca                | 4 frutti (20 g)            | 392         | f     | Patate               | 1 porzione (200 g)  | 57          | h     |
| Limoni                      | 1 limone (100 g)           | 64          | d     | Patate fritte        | 1 porzione (100 g)  | 57          | h     |
| Mele                        | 1 mela (150 g)             | 123         | h     | Patatine             | 1 sacchetto (100 g) | 92          | a     |
| Pere                        | 1 pera (150 g)             | 138         | d     | Peperoni             | 1 porzione (150 g)  | 57          | h     |
| Pesche                      | 1 pesca (120 g)            | 109         | h     | Pomodori             | 1 pomodoro (60 g)   | 13          | h     |
| Susine/Prugne               | 1 frutto (50 g)            | 109         | d     | Spinaci              | 1 porzione (150 g)  | 44          | h     |
| Uva                         | 1 porzione (150 g)         | 91          | d     | Zucca                | 1 porzione (150 g)  | 50          | d     |
| Carne di bovino             | 1 porzione (150 g)         | 2312        | h     | Zucchine             | 1 porzione (150 g)  | 50          | d     |
| Carne di maiale             | 1 porzione (150 g)         | 898         | h     |                      |                     |             |       |
| Carne di pollo              | 1 porzione (150 g)         | 649         | h     |                      |                     |             |       |
| Hamburger                   | 1 hamburger (250 g)        | 2400        | a     |                      |                     |             |       |
| Pesce (da allevamento)      | 1 porzione (200 g)         | 396         | g     |                      |                     |             |       |
| Salumi                      | 1 porzione (100 g)         | 624         | e     |                      |                     |             |       |
| Uova                        | 1 uovo (60 g)              | 196         | h     |                      |                     |             |       |
| Burro                       | 1 noce (20 g)              | 111         | h     |                      |                     |             |       |
| Formaggio                   | 1 fetta (150 g)            | 477         | h     |                      |                     |             |       |
| Latte                       | 1 tazza/bicchiere (200 ml) | 204         | h     |                      |                     |             |       |
| Mozzarella                  | 1 mozzarella (125 g)       | 398         | e     |                      |                     |             |       |
| Parmigiano Reggiano         | 1 scaglia (50 g)           | 233         | e     |                      |                     |             |       |
| Ricotta                     | 1 ricotta (125 g)          | 398         | e     |                      |                     |             |       |
| Yogurt                      | 1 vasetto (125 g)          | 148         | e     |                      |                     |             |       |
| Fetta biscottata/ Pan carré | 1 fetta (20 g)             | 32          | a     |                      |                     |             |       |
| Pane                        | 1 fetta (25 g)             | 40          | h     |                      |                     |             |       |
| Pasta                       | 1 piatto (200 g)           | 370         | h     |                      |                     |             |       |
| Pizza                       | 1 pizza (350 g)            | 630         | h     |                      |                     |             |       |
| Riso                        | 1 piatto (200 g)           | 500         | h     |                      |                     |             |       |

acquamarket

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