



**12 POUNDS OF  
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 US grain.



**55 SQUARE FEET  
OF RAINFOREST**

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



**2,500 GALLONS  
OF 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 US is used to grow feed and provide drinking water for cattle and other livestock.



**EarthSave International**

*Personal Food Choices...  
Global Results*

**Make a difference 3 times a day. Shift to a plant-based diet.**

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