

Where Good Taste
Meets Good Health

EatingWell®

MARCH/APRIL 2015

**Chicken
+ Herbs**

The Perfect Match

**IS GOING
GLUTEN-FREE
BACKFIRING?**

*How to Get
Amazing
Flavor*

Instantly! p.39

**WHAT'S
YOUR
WATER
FOOTPRINT?**

49

**HEALTHY
& FAST**
Recipes

Rhubarb

(It's not just for pie)

**+
1 BAG OF
GROCERIES
5 DINNERS
FOR 4!**

U.S. \$4.99



DISPLAY UNTIL APRIL 21, 2015

61%

The amount of California's water usage that is dedicated to irrigation for agriculture.

50%

The amount of the nation's fruits, nuts and vegetables grown in California.

2,000 gal.

The daily water footprint (both direct and indirect water use) of the average American. That's about twice the worldwide average, and the equivalent of running the dishwasher 400 times.

37%

The amount of our national water supply that goes to grow food—through irrigation, aquaculture and livestock production.

25 gal.

Approximately how much water you use taking a 10-minute shower. Aim for 5 minutes or less to save more than 300 gallons of water per month.

1/2

The portion of your water footprint attributed to your diet (food and drink).

Save Our Water

Water and our everyday habits are inextricably connected. With 2014 being California's fourth driest year on record, there's a renewed focus on this precious resource. Here's what you need to know and some easy ways you can conserve.

1 Load the Dishwasher
Most newer, efficient dishwashers use much less water than washing by hand; make sure it's full to get the most out of your water.

2 Use It Twice
When you rinse produce, save the water to put on your plants.

3 Xeriscape
Design your landscape to reduce the need for water. Try drought-tolerant plants like cacti and herbs that need less water, such as sage and thyme.



4 Good to the Last Drop
Use a rain barrel to collect water for your garden.

5 Check for Efficiency
Consider upgrading fixtures and appliances, such as toilets and washing machines, to water-efficient models.

6 Take It Outside
Compost instead of using the garbage disposal (you'll save water and reduce food waste).

FINDING YOUR FOOTPRINT: The Food/Water Connection

Here's a snapshot of the average water footprint (both direct and indirect) of some of our favorite foods and drinks. By Kate Geagan, M.S., R.D.

							
3 oz. beef	1 oz. chocolate	1 oz. almonds	3 oz. chicken	1 large egg	1 cup of coffee	1 glass of wine	1 cup of tea
347	127	120	98	44	34	24	9
GALLONS	GALLONS	GALLONS	GALLONS	GALLONS	GALLONS	GALLONS	GALLONS

SOURCES: WATERFOOTPRINT.ORG; USGS.GOV; NATIONAL WATER FOOTPRINT ACCOUNTS; MEKONNEN & HOEKSTRA 2011

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