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REVIEW OF TODAY'S INFOGRAPHIC

Today's infographic shows a powerful and effectively raises awareness about global water crisis which starts by reminding us that although our planet is full of water, only 1% is actually available for people to use. Though the water demand keeps rising fast, most of the water are use in agriculture and serving populations. According to 2025, nearly 2 billion people may face water shortages, and by 2050 even more will feel the pressure. The infographic is visually engaging, eye catching, data driven and educational which reminds us that water scarcity isn't just about the environment, it's about people, food, and life itself.



My favourote meal

Chicken Biriani

RECIPE AND WATER FOOTPRINT

Main	Water footprint	Water footprint
ingredient	(Gallons per	(liters per
	serving)	serving)
Chicken	130	492
Rice	73	276
Butter	167	632
Onions	8	30
Garlic	18	68
Chilli	11	42
Yogurt	36	136
Total water	=443	=1676
Footprint		

Water friendly Substitutions

Replace chicken with lentils, use brown rice or local millets and cook with seasonal vaggies





I was really shocked to see how much water meat and rice use and I never realized one plate of biryani could "drink" thousands of liters!
But simple swaps could make our meals far more sustainable.