



# GLOBAL GOURMET

CATERING & EVENTS

**Global Gourmet Catering's Drought Watch Food Guide** is designed to show which foods use very little water (Best Choices), which use a small to medium amount of water (Good Options), which use a medium to large amount of water (Use Sparingly) and the "Thirsty Thirty" which should be avoided as much as possible.

## DID YOU KNOW?

An average meal portion of the following requires:



6oz of beef = 423 gallons



4oz of starch = 50 gallons



4oz of vegetables = 12 gallons

Visit [www.ggcatering.com](http://www.ggcatering.com) for more information regarding **Global Gourmet Catering's Drought Watch, Water Restoration and Carbon Balance Business Practices and our other Green Business Programs.**

## BEST CHOICES

- Apples
- Artichokes
- Bananas
- Beans - green
- Blueberries
- Broccoli
- Brussel Sprouts
- Cabbages
- Cane Molasses
- Carrots
- Cauliflower
- Chilies - green
- Cranberries
- Cucumbers
- Currants
- Eggplant
- Garlic
- Gooseberries
- Gourds
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Lettuce
- Limes
- Okra
- Onions - green
- Oranges
- Papayas
- Peas - green
- Peppermint
- Peppers - green
- Pineapples
- Potatoes
- Pumpkins
- Raspberries
- Raw sugar
- Soya Paste/Sauce
- Spinach
- Squash
- Strawberries
- Sugar beet
- Sugarcane
- Sweet Potatoes
- Tangerines
- Taro - coco yam
- Tomatoes
- Juice
- Puree /Paste
- Ketchup
- Whole
- Turnips
- Watermelons
- Yams

## GOOD CHOICES

- Apple Juice
- Apricots
- Barley
- Cassava - dried
- Celery
- Cherries
- Coconut - husked
- Ginger
- Guavas
- Maize - corn
- Flour
- Groats / Meal
- Starch
- Mangoes
- Milk
- Mushrooms
- Nectarines
- Oats
- Orange Juice
- Peaches
- Pears
- Pineapple Juice
- Plantains
- Potato
- Flour
- Meal
- Starch
- Rye
- Seafood
- Sugar - refined
- Shellfish

## USE SPARINGLY

- Anise
- Canola Oil - refined
- Coriander
- Chilies - dry
- Coconut Oil - refined
- Fish - Ocean / Lake
- Fennel
- Garlic Powder
- Maize Corn Oil
- Malt - roasted
- Palm Kernel Oil - refined
- Palm Oil - refined
- Peppers - dry
- Poppy Seeds
- Soybean Oil - refined
- Star Anise
- Wheat/Wheat Flour

## AVOID

### THE THIRSTY THIRTY

- Asparagus
- Avocados
- Barley - rolled/ flaked grains
- Beans/Legumes - dry
- Beef
- Broad/Horse Beans - dry
- Buckwheat
- Cassava
- Flour
- Manioc starch
- Tapioca
- Cheese
- Chicken
- Chocolate
- Cocoa
- Beans
- Powder
- Paste
- Coffee - green/roasted
- Dates
- Eggs
- Exotic Spices
- Cinnamon
- Cardamom
- Clove
- Mace
- Nutmeg
- Vanilla
- Fish - River
- Figs
- Goat Meat
- Grapes - dried
- Lamb
- Oils
- Avocado
- Olive
- Sesame
- Coconut
- Cocoa
- Sunflower
- Olives
- Pork
- Rice
- Flour
- Groats
- Broken
- Husked- brown
- Rye Flour
- Soy & Soy Products
- Sunflower Seeds
- Tomato - dried
- Tree Nuts
- Almond
- Cashew
- Chestnut
- Coconut
- Hazelnut
- Kola
- Pistachio
- Walnut

Agriculture accounts for 70 percent of all water withdrawals.