

Crickets (3.5 ounces)

Grillos (3.5 onzas)

17 g protein/proteína

1 mg iron/hierro



Image: hiroo Yamagata

Mealworms (3.5 ounces)

Gusanos de harina (3.5 onzas)

20 g protein/proteína

2.2 mg iron/hierro



Image: velacreations

Chapulines (3.5 ounces)

Chapulines (3.5 onzas)

42 g protein/proteína

3 mg iron/hierro



Image: william.neuheisel

Termites (3.5 ounces)

Termitas (3.5 onzas)

21 g protein/proteína

28 mg iron/hierro



Image: Dick Culbert

How Much Water Do You Eat? Edible Insect Cards/Tarjetas de insectos comestibles

Sources for insect nutritional information: [FAO Regional Office for Africa](#); [FAO Edible insects: future prospects for food and feed security](#); [Banjo et al., 2006](#); [Payne et al., 2016](#)



31
Gallons
galones

125
Gallons
galones

< beef/carne
Gallons
galones

Note: As of 2017, an estimate of the water footprint of chapulines is unavailable, but is likely considerably lower than beef ([FAO, 2013](#)).

< beef/carne
Gallons
galones

Note: As of 2017, an estimate of the water footprint of termites is unavailable, but is likely considerably lower than beef ([FAO, 2013](#)).

How Much Water Do You Eat? Edible Insect Cards/Tarjetas de insectos comestibles

Sources for insect water footprints: [Miglietta et al., 2015; Marketplace.org: How bug farming is changing the food economy;](#)

[Bugs for Breakfast homepage](#)