**Crickets (3.5 ounces)**
**Grillos (3.5 onzas)**

17 g protein/proteína
1 mg iron/hierro

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**Mealworms (3.5 ounces)**
**Gusanos de harina (3.5 onzas)**

20 g protein/proteína
2.2 mg iron/hierro

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**Chapulines (3.5 ounces)**
**Chapulines (3.5 onzas)**

42 g protein/proteína
3 mg iron/hierro

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**Termites (3.5 ounces)**
**Termitas (3.5 onzas)**

21 g protein/proteína
28 mg iron/hierro

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

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