

## HOW MANY BUGS DO WE EAT A YEAR



If you Google:

"How many bugs do we eat a year?"

You'll find reputed sources like the

New York Times, Scientific American, and the Wall Street Journal report the answer is one to two pounds for the average American (453 to 907 grams).

Since none of the reports reference how the one to two pounds was calculated, we have done the legwork ourselves.

Let's find out how many bugs we really eat in a year.

### Insects Eaten Per Year By An Average American

Food Product	Total lbs Consumed	Insect Fragments/lb	Total Fragments	Insect Fragment Weight (lbs)	Insects Consumed (lbs)
Coffee, Cocoa, Nuts	24	681	16,344	0.00000044	0.01
Wheat flour	192	681	130,752	0.00000044	0.06
Fruit and Veggies	689	545	375,367	0.00000044	0.17
Total	905 <b>410 kg</b>		<b>522,463</b>		0.23

**104 grams**

Two totals pop out here:

1. We could be eating over half a million insect fragments.
2. However, that number of insect fragments only weighs **104 grams**. It seems like all the reports saying we eat one to two pounds (453 to 907 grams) of bugs a year are grossly overstated.

3. Oregano has the highest concentration of bug parts of any food listed in the FDA guidelines: 1.250 bug parts per 10 grams sample. So, if you eat 907 grams of oregano, you could be getting as many as 22 grams of bug parts along with it!

However, instead of worrying about how many bugs we eat a year, we should probably focus on the unhealthy junk we consume.

