

Data Diet

Think about your data diet for a week.

How is it different if you are a Year 7, Year 11, Year 13, 35-year-old?

Be ready to justify your conclusions.

Your data diet

Estimating how much data your daily activities use is an art not a science, but here are best estimates of how much you are gobbling up online.

- **Listening to a podcast:** 20-100MB an hour
- **Watching Netflix:** 3GB an hour at HD quality
- **Online shopping:** Consider the data size of any images you browse, which can be big, before even thinking of the environmental impact of your delivery
- **WhatsApp text message:** 1-5KB a message, on average
- **WhatsApp voice call:** 400KB-1MB a minute
- **WhatsApp video call:** 2.5-15MB a minute
- **Average pre-AI Google search:** 500KB for a text-based search
- **Average post-AI Google search:** No one knows ...
- **Sending an email:** Depends on the size of the message, but about 75KB on average
- **Sending an email with photo attachment:** As above, plus the size of the attachment
- **Downloading an album on Spotify:** Depends on your audio quality, but around 72MB for an hour-long album
- **Playing a game of Fortnite:** Between 45 and 100MB an hour

Taken from The Guardian article: [Concerned about your data use?](#)