

BETTER GRAIN

# Fatty Acids Comparison Report

Einkorn vs Conventional Wheat

<b>LABORATORY</b>	Utah State University
<b>DATE</b>	Spring 2026
<b>ANALYSIS</b>	Fatty Acid Profile

## Fatty Acid Data Summary

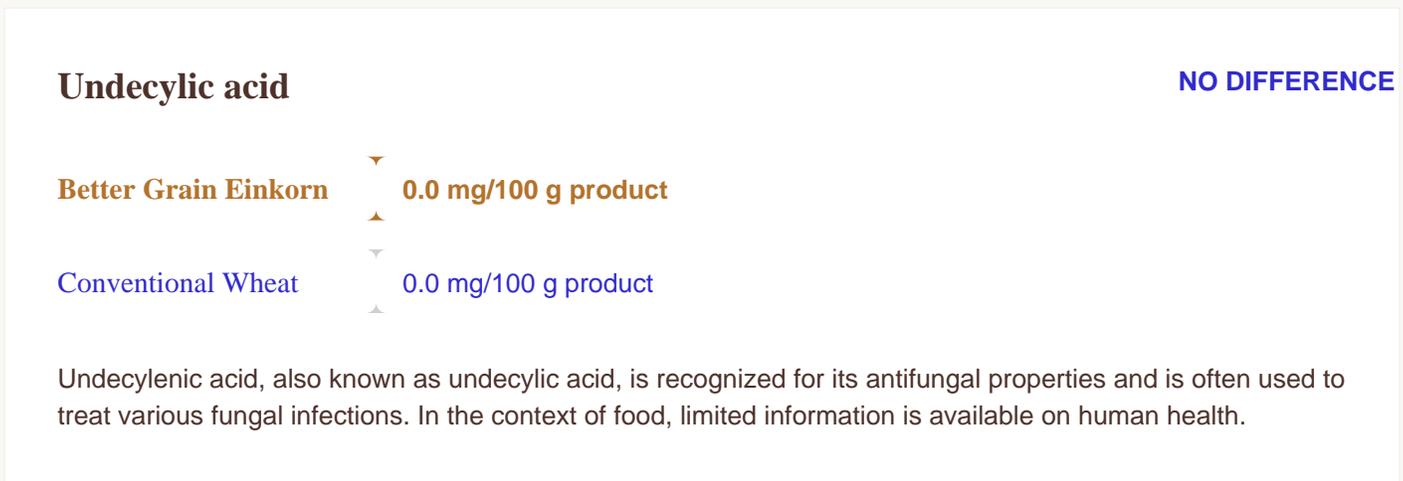
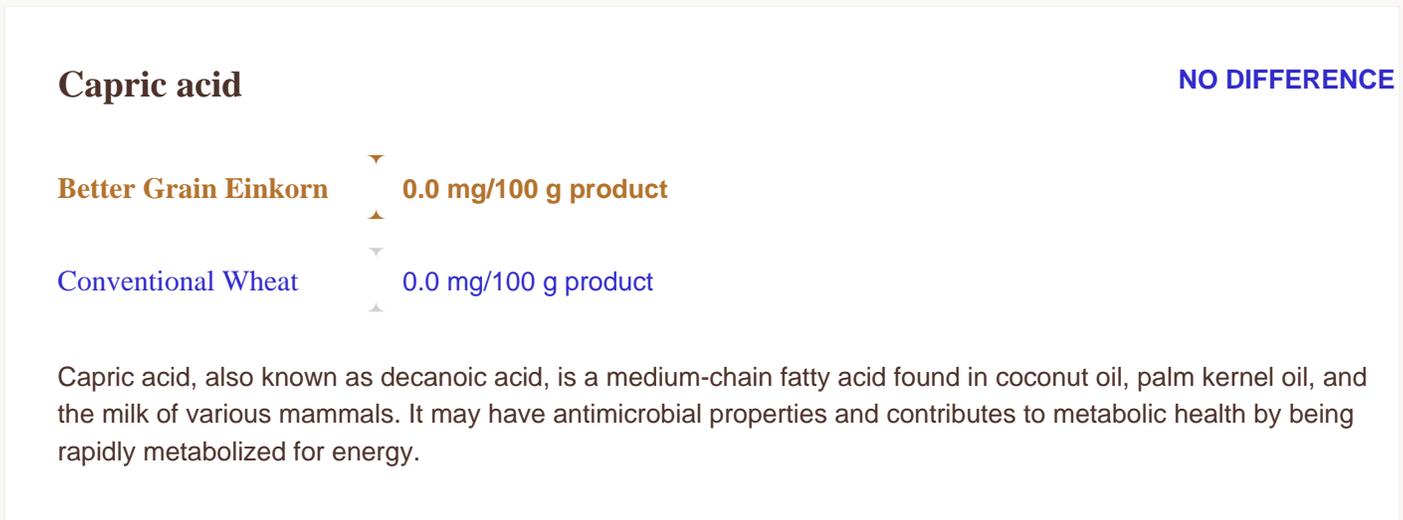
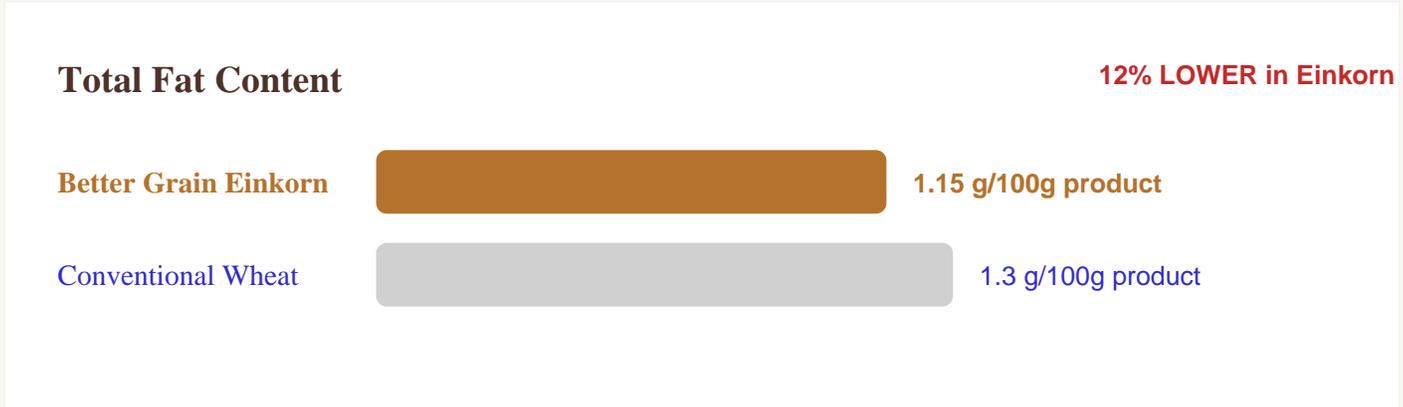
This report compares the **fatty acid profile** of Better Grain Einkorn wheat versus Conventional Wheat. The analysis covers **saturated fatty acids**, **monounsaturated fatty acids**, **polyunsaturated fatty acids** (including Omega-3 and Omega-6), and **trans fatty acids**. Key metrics include individual fatty acid concentrations (mg/100g product) and important ratios like Omega-6:Omega-3.

Metric	Einkorn	Conventional	Difference
Total Fat Content	1.15 g/100g	1.30 g/100g	11.5% Lower
Total Saturated FA	191.50 mg/100g	242.02 mg/100g	20.9% Lower
Total Monounsaturated FA	314.05 mg/100g	248.91 mg/100g	26.2% Higher
Total Polyunsaturated FA	640.47 mg/100g	806.73 mg/100g	20.6% Lower
Omega-6 : Omega-3 Ratio	17.49	15.25	Higher ratio
Oleic Acid (C18:1n9)	312.39 mg/100g	247.69 mg/100g	26.1% Higher
Trans Fatty Acids	0.17 mg/100g	2.33 mg/100g	92.7% Lower

**Key Finding:** Einkorn has significantly higher monounsaturated fatty acids (especially Oleic acid) and dramatically lower trans fatty acids compared to conventional wheat, indicating a potentially healthier fat profile.

# Fatty Acid Analysis Breakdown

The following data compares key fatty acid levels found in Better Grain Einkorn versus the average for Conventional Wheat. Green highlights indicate where Einkorn offers superior nutritional value.



### Lauric acid

NO DIFFERENCE

**Better Grain Einkorn** 0.0 mg/100 g product

Conventional Wheat 0.0 mg/100 g product

Dodecanoic acid, also known as dodecanoate or lauric acid, belongs to the class of organic compounds known as medium-chain fatty acids. Dodecanoic acid is the main fatty acid in coconut oil and in palm kernel oil, and is believed to have antimicrobial properties.

### Tridecanoic acid

NO DIFFERENCE

**Better Grain Einkorn** 0.0 mg/100 g product

Conventional Wheat 0.0 mg/100 g product

Medium-chain saturated fatty acid with limited biological activity.

### Myristic acid

13% LOWER in Einkorn

**Better Grain Einkorn** 1.37 mg/100 g product

Conventional Wheat 1.57 mg/100 g product

Myristic acid is a saturated fatty acid that is found in some animal and plant fats, such as coconut oil and nutmeg. It has been shown to have anti-inflammatory, antimicrobial, and anticancer properties in some studies. However, high intake of myristic acid may also increase the risk of cardiovascular diseases by raising the levels of LDL cholesterol and triglycerides in the blood.

### Pentadecanoic acid

**NO DIFFERENCE**

<b>Better Grain Einkorn</b>	▼	<b>0.0 mg/100 g product</b>
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Pentadecanoic acid is a saturated fatty acid that is found in some dairy products, such as butter and cheese. It has been linked to various health effects, both positive and negative, depending on the dose and the source. Some studies suggest that pentadecanoic acid may have anti-diabetic, anti-obesity, and anti-inflammatory properties by modulating the metabolism of glucose and lipids.

### Palmitic acid

**19% LOWER in Einkorn**

<b>Better Grain Einkorn</b>		<b>172.3 mg/100 g product</b>
Conventional Wheat		213.12 mg/100 g product

Palmitic acid is a saturated fatty acid that is found in many animal and plant fats, such as palm oil, beef, and cocoa butter. It is one of the most abundant fatty acids in the human body and plays a role in energy production, cell membrane structure, and hormone synthesis. However, excessive intake of palmitic acid may have adverse effects on health by promoting inflammation, oxidative stress, insulin resistance, and atherosclerosis.

### Heptadecanoic acid

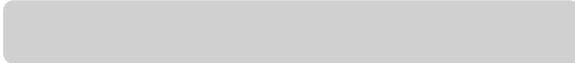
NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Heptadecanoic acid is a saturated fatty acid that is particularly abundant in marine organisms such as algae. It has been reported to have various biological activities, such as antibacterial, antifungal, antiviral, and anticancer properties. However, the mechanisms of action and the safety of heptadecanoic acid are not well understood and require further investigation. Therefore, it is not clear whether heptadecanoic acid has any beneficial or harmful effects on human health

### Stearic acid

29% LOWER in Einkorn

Better Grain Einkorn		14.35 mg/100 g product
Conventional Wheat		20.22 mg/100 g product

Stearic acid is a saturated fatty acid that is found in some animal and plant fats, such as beef tallow, cocoa butter, and shea butter. It is widely used in the cosmetic industry as an emulsifier, stabilizer, and surfactant. Stearic acid has been shown to have neutral or beneficial effects on health by lowering the LDL cholesterol and increasing the HDL cholesterol levels in the blood. It may also have anti-inflammatory, antiviral, and anticancer properties by modulating the immune system and inducing cell death.

### Nonadecanoic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

### Arachidic acid

40% LOWER in Einkorn

Better Grain Einkorn



1.8 mg/100 g product

Conventional Wheat



3.01 mg/100 g product

Arachidic acid is a saturated fatty acid that is found in some plant oils, such as peanut oil, sunflower oil, and rapeseed oil. It is also present in small amounts in animal fats, such as lard and butter. Behenic acid has not been well studied for its health effects, but some evidence suggests that it may have similar effects as other very-long-chain saturated fatty acids, such as increasing the HDL cholesterol and lowering the LDL cholesterol levels in the blood.

### Behenic acid

59% LOWER in Einkorn

Better Grain Einkorn



1.7 mg/100 g product

Conventional Wheat



4.1 mg/100 g product

Behenic acid is a saturated fatty acid that is found in some plant oils, such as moringa oil and coconut oil. It is also present in small amounts in animal fats, such as beef tallow and butter. Behenic acid has not been well studied for its health effects, but some evidence suggests that it may have similar effects as other very-long-chain saturated fatty acids, such as increasing the HDL cholesterol and lowering the LDL cholesterol levels in the blood. Some studies have linked higher intakes with a lower risk of diabetes and heart disease.

### Lignoceric acid

NO DIFFERENCE

Better Grain Einkorn



0.0 mg/100 g product



Conventional Wheat



0.0 mg/100 g product



Very long-chain saturated fatty acid involved in membrane structure.

### Myristoleic acid

NO DIFFERENCE

Better Grain Einkorn	0.0 mg/100 g product
Conventional Wheat	0.0 mg/100 g product

Myristoleic acid is a monounsaturated fatty acid that is found in some plant oils and animal fats. It may have anti-inflammatory, antifungal, and anti-tumor properties by modulating the immune system and inducing cell death.

### Pentadecenoic acid

NO DIFFERENCE

Better Grain Einkorn	0.0 mg/100 g product
Conventional Wheat	0.0 mg/100 g product

Monounsaturated fatty acid, may influence lipid metabolism.

### Palmitoleic acid (cis)

35% HIGHER in Einkorn

Better Grain Einkorn	1.65 mg/100 g product
Conventional Wheat	1.22 mg/100 g product

Palmitoleic acid (cis) is a monounsaturated fatty acid that is naturally found in some plant oils, such as macadamia oil, sea buckthorn oil, and marula oil. It is also present in some animal fats, such as fish oil, dairy fat, and human adipose tissue. Palmitoleic acid (cis) may have beneficial effects on health, such as lowering the LDL cholesterol and triglyceride levels in the blood, improving the insulin sensitivity and glucose metabolism, and protecting against fatty liver disease. It may also have anti-inflammatory, antimicrobial, and antioxidant properties.

### Heptadecenoic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Found in animal fats, may affect lipid signaling.

### Oleic acid

26% HIGHER in Einkorn



Oleic acid is a monounsaturated fatty acid that is widely found in nature. It is the main component of olive oil, as well as other plant oils, such as canola oil, peanut oil, and sesame oil. It is also present in some animal fats, such as lard, tallow, and chicken fat. Oleic acid may have beneficial effects on health, such as lowering the LDL cholesterol and increasing the HDL cholesterol levels in the blood, reducing the blood pressure and inflammation, and preventing the oxidation of LDL particles

### cis-Vaccenic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

cis-Vaccenic acid is a monounsaturated fatty acid that is found in some plant oils, such as rapeseed oil, soybean oil, and cottonseed oil. It is also present in some animal fats, such as milk fat, beef fat, and lamb fat. cis-Vaccenic acid may have positive effects on health, such as lowering the LDL cholesterol and triglyceride levels in the blood, improving the insulin sensitivity and glucose metabolism, and enhancing the immune function. It may also have anti-inflammatory and anticancer properties.

### Nonadecenoic acid

**NO DIFFERENCE**

**Better Grain Einkorn** 0.0 mg/100 g product

Conventional Wheat 0.0 mg/100 g product

Rare monounsaturated fatty acid, unclear biological role.

### cis-11-Eicosenoic acid

**NO DIFFERENCE**

**Better Grain Einkorn** 0.0 mg/100 g product

Conventional Wheat 0.0 mg/100 g product

May support anti-inflammatory functions.

### cis-8-Eicosenoic acid

**NO DIFFERENCE**

**Better Grain Einkorn** 0.0 mg/100 g product

Conventional Wheat 0.0 mg/100 g product

May support anti-inflammatory functions.

## Gondoic acid

**NO DIFFERENCE**

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Gondoic acid is a monounsaturated fatty acid that is found in some plant oils, such as jojoba oil and moringa oil. It is also produced by the human body from oleic acid by the enzyme elongase. Gondoic acid is important for the regulation of lipid metabolism and gene expression. Gondoic acid may have beneficial effects on health, such as modulating blood lipid profile and lowering LDL cholesterol, preventing fatty liver disease and metabolic syndrome, and suppressing inflammation and oxidative stress.

## Erucic acid

**NO DIFFERENCE**

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

In high amounts may impair mitochondrial function.

### Nervonic acid

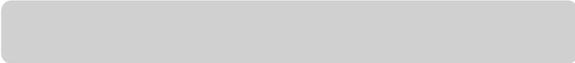
**NO DIFFERENCE**

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Nervonic acid is a very-long-chain monounsaturated fatty acid that is found in some plant oils, such as mustard oil, echium oil, and lunaria oil. It is also present in some animal fats, such as fish oil, egg yolk, and butter. Nervonic acid is important for the synthesis of sphingomyelin, a type of phospholipid that is essential for the structure and function of the myelin sheath, which covers and protects the nerve cells. Nervonic acid may have beneficial effects on health, such as supporting the cognitive function, the memory, and the learning ability, preventing the demyelination of the nerve cells.

### Linoleic acid

**20% LOWER in Einkorn**

Better Grain Einkorn		605.53 mg/100 g product
Conventional Wheat		756.71 mg/100 g product

Linoleic acid is a polyunsaturated fatty acid that is widely found in nature. It is the main component of sunflower oil, safflower oil, corn oil, and soybean oil. It is also present in some animal fats, such as poultry fat and pork fat. Linoleic acid is an essential fatty acid, which means that it cannot be synthesized by the human body and must be obtained from the diet. Linoleic acid is important for the synthesis of prostaglandins, leukotrienes, and other eicosanoids, which are involved in various physiological processes, such as inflammation, blood clotting, and immune response. Linoleic acid may have beneficial effects on health, such as lowering the LDL cholesterol and increasing the HDL cholesterol levels in the blood, preventing the atherosclerosis and coronary heart disease, and improving the skin and hair condition. However, excessive intake of linoleic acid may cause oxidative stress, inflammation, and increased risk of certain types of cancer. Therefore, it is advisable to consume linoleic acid in moderation and balance it with other types of fats, such as omega-3 and omega-6 fatty acids.

### Gamma linolenic acid

19% LOWER in Einkorn

Better Grain Einkorn



0.3 mg/100 g product

Conventional Wheat



0.37 mg/100 g product

Gamma linolenic acid is a polyunsaturated fatty acid that is found in some plant oils, such as borage oil, evening primrose oil, and black currant oil. It is also present in some animal fats, such as human milk fat and ostrich fat. Gamma linolenic acid is derived from linoleic acid by the enzyme delta-6-desaturase, which is often impaired or deficient in humans due to various factors, such as aging, stress, illness, or nutrient deficiency. Gamma linolenic acid may have beneficial effects on health, such as reducing the symptoms of premenstrual syndrome, rheumatoid arthritis, eczema, diabetic neuropathy, and breast cancer due to its anti-inflammatory and antioxidant effects.

### Eicosadienoic acid

NO DIFFERENCE

Better Grain Einkorn



0.0 mg/100 g product

Conventional Wheat



0.0 mg/100 g product

Involved in inflammation and membrane signaling.

### Homo-gamma-linolenic acid

**NO DIFFERENCE**

<b>Better Grain Einkorn</b>	▼	<b>0.0 mg/100 g product</b>
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Similar to gamma linoleic acid, homo-gamma linolenic acid is a polyunsaturated fatty acid that is found in some plant oils, such as borage oil, evening primrose oil, and black currant oil. It is also present in some animal fats, such as human milk fat and ostrich fat. Gamma linolenic acid is derived from linoleic acid by the enzyme delta-6-desaturase, which is often impaired or deficient in humans due to various factors, such as aging, stress, illness, or nutrient deficiency. Gamma linolenic acid may have beneficial effects on health, such as reducing the symptoms of premenstrual syndrome, rheumatoid arthritis, eczema, diabetic neuropathy, and breast cancer due to its anti-inflammatory and antioxidant effects.

### Arachidonic acid

**NO DIFFERENCE**

<b>Better Grain Einkorn</b>	▼	<b>0.0 mg/100 g product</b>
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Arachidonic acid is important for the synthesis of prostaglandins, thromboxanes, and leukotrienes of the series 2 and 4, which are involved in various physiological processes, such as inflammation, pain, fever, blood pressure, and blood clotting. Arachidonic acid may have beneficial effects on health, such as enhancing the immune response. However, excessive intake of arachidonic acid may cause oxidative stress, inflammation, and increased risk of cardiovascular disease, asthma, and cancer. Therefore, it is advisable to consume arachidonic acid in moderation and balance it with other types of fats, such as omega-3 and omega-6 fatty acids.

### Docosadienoic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Precursor to bioactive lipids, role in brain health.

### Adrenic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Precursor to eicosanoids, regulates immune function.

### Alpha linolenic acid

30% LOWER in Einkorn

Better Grain Einkorn		34.64 mg/100 g product
Conventional Wheat		49.65 mg/100 g product

Alpha linolenic acid is a polyunsaturated fatty acid that is found in some plant oils, such as flaxseed oil, canola oil, and walnut oil. It is also present in some green leafy vegetables, such as spinach and kale. Alpha linolenic acid is an essential fatty acid, which means that it cannot be synthesized by the human body and must be obtained from the diet. Alpha linolenic acid is important for the synthesis of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are omega-3 fatty acids that have anti-inflammatory and neuroprotective effects. Alpha linolenic acid may have beneficial effects on health, such as lowering the blood pressure and triglyceride levels, preventing the arrhythmia and thrombosis, and improving the cognitive function and mood. However, the conversion rate of alpha linolenic acid to EPA and DHA is very low in humans, so it is advisable to consume EPA and DHA directly.

### Eicosatrienoic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

icosatrienoic acid is a polyunsaturated fatty acid that accumulates during essential fatty acid deficiency and partially substitutes for essential fatty acids in cellular functions.

### EPA

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

EPA is a polyunsaturated fatty acid that is found in some fish, such as salmon, tuna, and sardines. It is also enriched in pasture-raised animal sourced foods, such as grass-fed meat and milk. It is also available as a dietary supplement, usually derived from fish oil or algae oil. EPA is important for the synthesis of prostaglandin and leukotrienes which are involved in various physiological processes, such as inflammation, immune response, and wound healing. EPA may have beneficial effects on health, such as reducing the inflammation and pain associated with rheumatoid arthritis, ulcerative colitis, and inflammatory bowel disease, lowering the blood pressure and triglyceride levels, preventing the arrhythmia and thrombosis, and protecting the brain from ischemic stroke and depression.

## DPA

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

DPA is a polyunsaturated fatty acid that is found in high amounts of fish, such as salmon, tuna, and mackerel. It is also present in some animal fats, particularly when animals are pasture-raised and finished. DPA is derived from EPA by the enzyme elongase, which is often limited or regulated in humans. DPA is important for the synthesis of resolvins of the series D, which are involved in various physiological processes, such as inflammation, immune response, and wound healing. DPA may have beneficial effects on health, such as enhancing the anti-inflammatory and neuroprotective effects of EPA and DHA, modulating the blood lipid profile, and preventing atherosclerosis and cardiovascular disease.

## DHA

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

DHA is a polyunsaturated fatty acid that is found in some fish, such as salmon, tuna, and sardines. It is also enriched in meat, milk, and eggs from animals that are raised and finished on pasture. DHA is derived from EPA by the enzyme elongase, which is often limited or regulated in humans, so direct consumption is advised. DHA is important for the structure and function of the cell membranes, especially in the brain, retina, and nervous system. DHA may have beneficial effects on health, such as improving cognitive function and memory, preventing Alzheimer's disease and dementia, enhancing the visual acuity and eye health, and reducing the inflammation and oxidative stress.

### Palmitoleic acid (trans)

91% LOWER in Einkorn



Palmitoleic acid (trans) is a trans fatty acid that is formed by the partial hydrogenation of palmitoleic acid, a monounsaturated fatty acid. It is found in some processed foods, such as margarines, pastries, and baked goods. Natural forms of this also occur in animal sourced foods from ruminants such as cows, sheep, and goats. There is some concern that palmitoleic acid (trans) from ultra-processed foods has harmful effects on health, such as increasing the LDL cholesterol and lowering the HDL cholesterol levels in the blood, raising the risk of cardiovascular diseases, diabetes, and obesity. No such evidence appears to exist when consuming trans fats from natural food sources.

### Elaidic acid

94% LOWER in Einkorn



Elaidic acid is a trans fatty acid that is formed by the partial hydrogenation of oleic acid, a monounsaturated fatty acid. It is found in some processed foods, such as margarines, shortenings, and fried foods. Natural forms of this also occur in animal sourced foods from ruminants such as cows, sheep, and goats. Elaidic acid, from ultra-processed foods, may detrimental effects on health, such as increasing the LDL cholesterol and lowering the HDL cholesterol levels in the blood, elevating the risk of cardiovascular diseases, cancer, and Alzheimer's disease. No such evidence appears to exist when consuming trans fats from natural food sources.

### Vaccenic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Vaccenic acid is a monounsaturated fatty acid that is found in some animal fats, such as dairy products and ruminant meats. It is also produced by the human body from stearic acid by the enzyme stearyl-CoA desaturase. Vaccenic acid is important for the synthesis of conjugated linoleic acid (CLA), which has anti-inflammatory, anti-carcinogenic, and anti-diabetic effects. Vaccenic acid may have beneficial effects on health, such as lowering LDL cholesterol and increasing HDL cholesterol, improving insulin sensitivity and glucose metabolism, and reducing body fat mass and adipose tissue inflammation.

### trans-12-Octadecenoic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Isomer of oleic acid, may affect membrane fluidity.

### trans,trans-Linoleic acid

NO DIFFERENCE

Better Grain Einkorn	▼	0.0 mg/100 g product
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Essential fatty acid, precursor to arachidonic acid.

## Bovinic acid

**NO DIFFERENCE**

<b>Better Grain Einkorn</b>	▼	<b>0.0 mg/100 g product</b>
	▲	
Conventional Wheat	▼	0.0 mg/100 g product
	▲	

Bovinic acid is a saturated fatty acid that is found in some animal fats, such as dairy products and ruminant meats. It is also produced by the human body from palmitic acid by the enzyme elongase. Bovinic acid is important for the structure and function of the cell membranes, especially in the skin, hair, and nails. Bovinic acid may have beneficial effects on health, such as protecting the skin barrier and preventing water loss, enhancing the hair growth and strength, and preventing nail brittleness and cracking.

## Total Saturated Fatty Acids

**21% LOWER in Einkorn**

<b>Better Grain Einkorn</b>		<b>191.5 mg/100 g product</b>
Conventional Wheat		242.02 mg/100 g product

Saturated fatty acids are a group of fatty acids that have no double bonds in their carbon chains. They are typically solid at room temperature and found in animal fats, such as butter, cheese, and meat, as well as some plant oils, such as coconut oil and palm oil. High intakes of some saturated fatty acids, particularly palmitic and myristic acid, may have adverse effects on health, such as increasing the risk of cardiovascular disease, stroke, and type 2 diabetes, by raising the levels of LDL cholesterol and triglycerides in the blood and causing inflammation and oxidative stress in the arteries.

### Total Monounsaturated Fatty Acids

26% HIGHER in Einkorn

Better Grain Einkorn



314.05 mg/100 g product

Conventional Wheat



248.91 mg/100 g product

Monounsaturated fatty acids are a group of fatty acids that have one double bond in their carbon chains. They are typically liquid at room temperature and found in plant oils, such as olive oil, canola oil, and peanut oil, as well as some animal fats, such as chicken fat and pork fat. Overall, monounsaturated fatty acids may have beneficial effects on health, such as lowering the risk of cardiovascular disease, stroke, and type 2 diabetes, by reducing the levels of LDL cholesterol and triglycerides in the blood and improving insulin sensitivity and glucose metabolism.

### Total Polyunsaturated Fatty Acids

21% LOWER in Einkorn

Better Grain Einkorn



640.47 mg/100 g product

Conventional Wheat



806.73 mg/100 g product

Monounsaturated fatty acids are a group of fatty acids that have one double bond in their carbon chains. They are typically liquid at room temperature and found in plant oils, such as olive oil, canola oil, and peanut oil, as well as some animal fats, such as chicken fat and pork fat. Overall, monounsaturated fatty acids may have beneficial effects on health, such as lowering the risk of cardiovascular disease, stroke, and type 2 diabetes, by reducing the levels of LDL cholesterol and triglycerides in the blood and improving insulin sensitivity and glucose metabolism.

### Total Trans Fatty Acids

93% LOWER in Einkorn

Better Grain Einkorn



0.17 mg/100 g product

Conventional Wheat



2.33 mg/100 g product

### Total Omega 6 Fatty Acids

20% LOWER in Einkorn

Better Grain Einkorn



605.83 mg/100 g product

Conventional Wheat



757.08 mg/100 g product

Omega 6 fatty acids are a group of polyunsaturated fatty acids that have two or more double bonds in their carbon chains, with the first double bond located at the sixth carbon from the end. They are essential fatty acids, meaning that they cannot be synthesized by the human body and must be obtained from diet. They are found in plant oils, such as corn oil, soybean oil, and sunflower oil, as well as some nuts and seeds, such as walnuts and sesame seeds. Total omega 6 fatty acids may have both beneficial and detrimental effects on health, depending on the amount and ratio to other fatty acids. They are involved in the production of prostaglandins, which are hormone-like substances that regulate inflammation, blood pressure, blood clotting, and immune response. However, excessive intake of omega 6 fatty acids may promote chronic inflammation and oxidative stress, which are linked to various diseases, such as cardiovascular disease, cancer, and autoimmune disorders.

### Total Omega 3 Fatty Acids

30% LOWER in Einkorn

Better Grain Einkorn



34.64 mg/100 g product

Conventional Wheat



49.65 mg/100 g product

Omega 3 fatty acids are a group of polyunsaturated fatty acids that have two or more double bonds in their carbon chains, with the first double bond located at the third carbon from the end. They are also essential fatty acids, meaning that they cannot be synthesized by the human body and must be obtained from the diet. They are found in fish oils, such as salmon, tuna, and sardines, as well as some plant oils, such as flaxseed oil and chia seed oil. They are also enriched in meat, milk, and eggs from animals raised and finished on pasture or fed diverse forages. Omega 3 fatty acids may have beneficial effects on health, such as lowering the risk of cardiovascular disease, stroke, and type 2 diabetes, by decreasing the levels of LDL cholesterol and triglycerides in the blood and preventing the formation of blood clots and plaque in the arteries. They are also involved in the production of prostaglandins, which have anti-inflammatory, anti-carcinogenic, and anti-diabetic effects. Moreover, they are important for the development and function of the brain and nervous system, and may improve cognitive performance, mood, and memory.

### Total Omega 6 / Omega 3 Ratio

15% HIGHER in Einkorn



Total omega 6 / omega 3 ratio is the ratio of the total amount of omega 6 fatty acids to the total amount of omega 3 fatty acids in the diet. This ratio reflects the balance between the pro-inflammatory and anti-inflammatory effects of these fatty acids. A high ratio may indicate a higher risk of chronic inflammation and oxidative stress, which are associated with various diseases, such as cardiovascular disease, cancer, and autoimmune disorders. A low ratio may indicate a lower risk of these diseases and a higher protection from the anti-inflammatory and anti-carcinogenic effects of omega 3 fatty acids. The optimal ratio for health is not clearly defined, but some experts suggest that it should be between 4:1 and 1:1.