

**BETTER GRAIN**

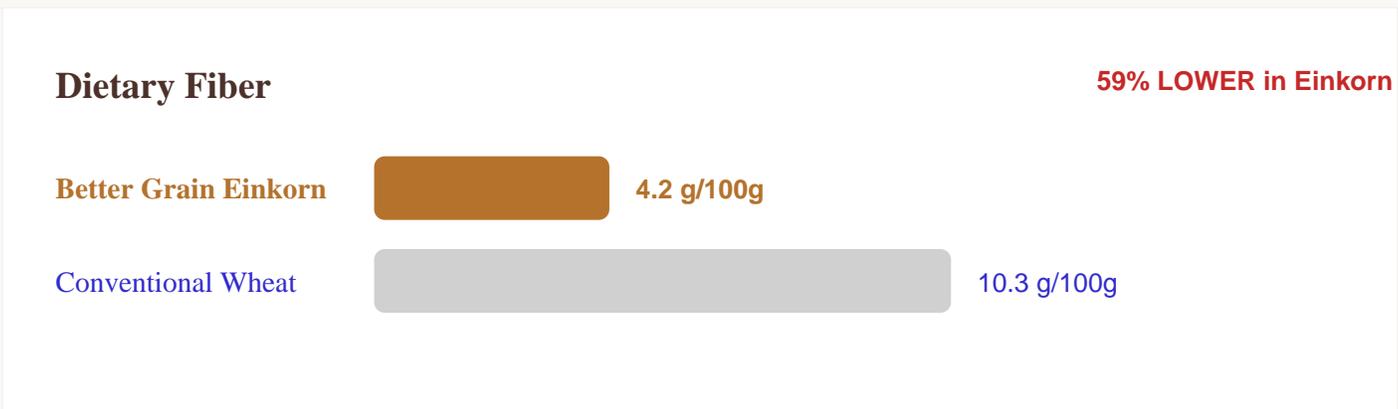
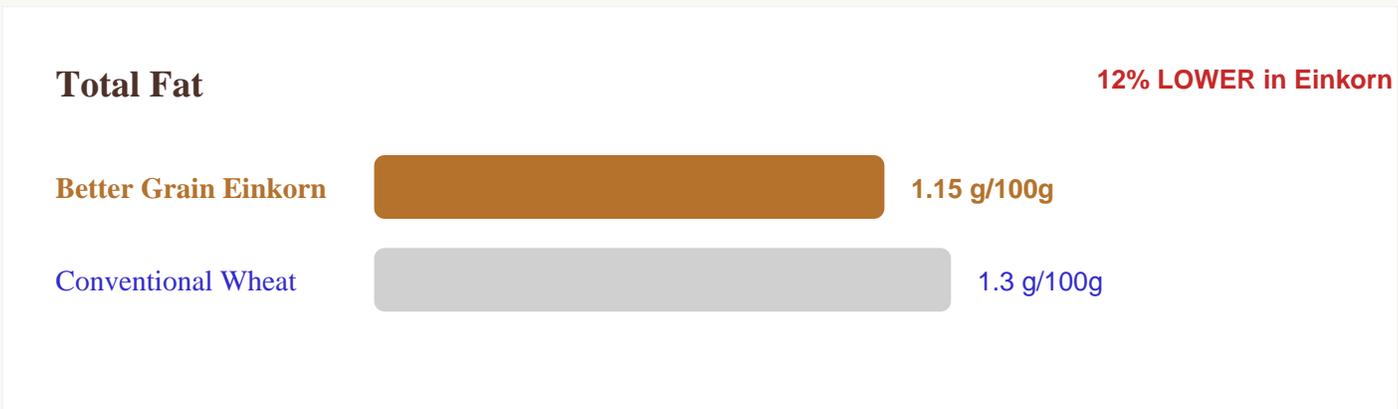
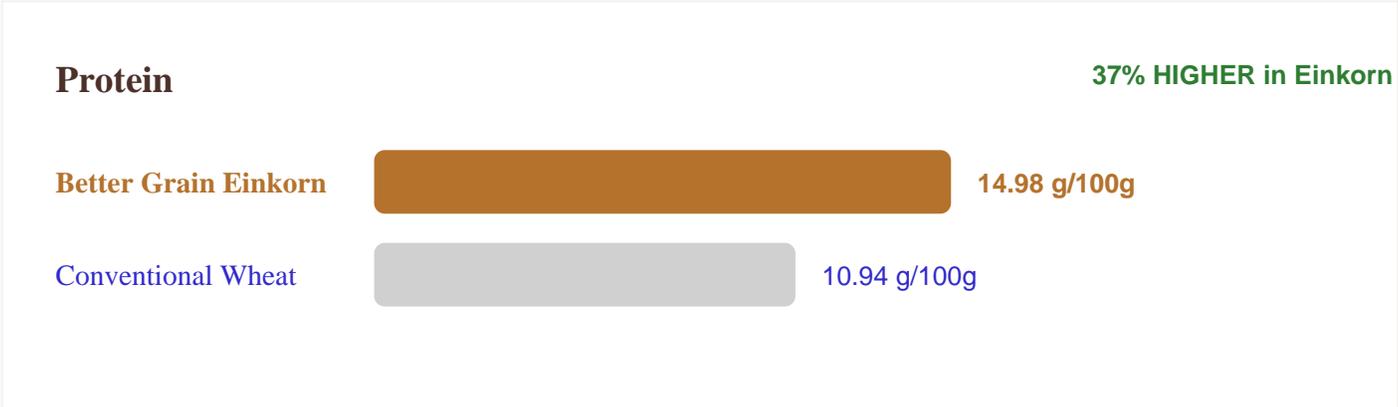
# Macronutrient Comparison Report

Einkorn vs Conventional Wheat

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

# Macronutrient Analysis Breakdown

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



### Total Cholesterol

NO DIFFERENCE

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

### Total Moisture

10% HIGHER in Einkorn



### Total Carbohydrate

7% LOWER in Einkorn



### Total Ash

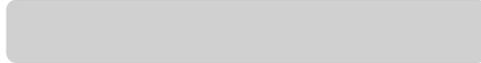
20% HIGHER in Einkorn

Better Grain Einkorn



1.75 g/100g

Conventional Wheat



1.46 g/100g

### Total Calories

2% LOWER in Einkorn

Better Grain Einkorn



352.1 kcal

Conventional Wheat



358.24 kcal