

BETTER GRAIN

Minerals Comparison Report

Einkorn vs Conventional Wheat

LABORATORY	Utah State University
DATE	Spring 2026
ANALYSIS	Minerals Profile

Minerals Analysis Breakdown

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

Al - Aluminum

77% LOWER in Einkorn

Better Grain Einkorn



0.14 mg/100 g

Conventional Wheat



0.62 mg/100 g

Aluminum is a naturally occurring metal that is widely distributed in the environment. It is commonly found in soil, water, and rocks. Exposure to high levels of aluminum can have toxic effects on the body, particularly on the nervous system and bones. However, the low levels of aluminum typically encountered in food, water, and consumer products are considered safe for most people. A tolerable weekly intake (TWI) of 1 mg aluminium/kg body weight/week is considered safe.

As - Arsenic

14% HIGHER in Einkorn

Better Grain Einkorn



0.08 mg/100 g

Conventional Wheat



0.07 mg/100 g

Arsenic is a naturally occurring element that can be found in various forms in the environment. It is present in soil, water, and air. Arsenic can also enter the food chain through agricultural practices and industrial processes. Long-term exposure to high levels of arsenic can have detrimental effects on human health, as it is a known carcinogen. It has been associated with an increased risk of several types of cancer, including skin, lung, bladder, and kidney cancer. Amounts over 0.1 mg/100 g food warrant caution.

B - Boron

20% HIGHER in Einkorn

Better Grain Einkorn



0.12 mg/100 g

Conventional Wheat



0.1 mg/100 g

Boron is a naturally occurring element found in soil, water, and some foods. It plays a role in plant growth and development. In humans, boron is considered an essential nutrient, and it may have beneficial effects on bone health and brain function. Can be toxic in high amounts. An acceptable safe range is considered 1-13 mg/d.

Ba - Barium

41% LOWER in Einkorn

Better Grain Einkorn



0.41 mg/100 g

Conventional Wheat



0.7 mg/100 g

Barium is a naturally occurring chemical element found in rocks, soil, and water. It has various industrial applications but can be toxic to human health in high amounts. Safe levels are considered at 0.2mg/100 g.

Ca - Calcium

15% LOWER in Einkorn

Better Grain Einkorn



28.55 mg/100 g

Conventional Wheat



33.46 mg/100 g

Plays a vital role in maintaining strong bones and teeth, regulating muscle contractions, supporting nerve function, and facilitating blood clotting. Calcium is found in a variety of foods, including dairy products, leafy greens, and fortified products. Adequate calcium intake is important for overall health and preventing conditions like osteoporosis.

Cd - Cadmium

NO DIFFERENCE

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

Cadmium is a toxic heavy metal that can be harmful to human health. It is primarily found in the environment through industrial processes and can contaminate food and water sources. Prolonged exposure to cadmium has been associated with various health problems, including kidney damage, lung cancer, and skeletal disorders. Intakes of 0.0002 mg/kg bodyweight/day are considered safe.

Co - Cobalt

100% LOWER in Einkorn

Better Grain Einkorn	▼	0.0 mg/100 g
	▲	
Conventional Wheat		0.002 mg/100 g

An essential trace mineral involved in various biological processes, including the production of red blood cells. Found naturally in foods such as meat, seafood, and leafy vegetables. Required in small amounts for optimal health, but excessive intake can be toxic.

Cr - Chromium

100% LOWER in Einkorn

Better Grain Einkorn	▼	0.0 mg/100 g
	▲	
Conventional Wheat		0.02 mg/100 g

A trace mineral essential for proper insulin function and metabolism of carbohydrates, fats, and proteins. Found in foods like broccoli, whole grains, and animal sourced foods.

Cu - Copper

53% HIGHER in Einkorn

Better Grain Einkorn



0.52 mg/100 g

Conventional Wheat



0.34 mg/100 g

An essential trace mineral that plays a key role in various biological processes, including energy production, iron metabolism, and antioxidant defense. Found in high amount in foods such as shellfish, nuts, seeds, and organ meats

Fe - Iron

9% HIGHER in Einkorn

Better Grain Einkorn



4.33 mg/100 g

Conventional Wheat



3.96 mg/100 g

An essential mineral involved in many physiological functions, such as oxygen transport, energy production, and DNA synthesis. Found as heme iron in animal foods and found as non-heme iron in plant foods, particularly legumes. Bioavailability is reduced with non-heme iron.

K - Potassium

8% LOWER in Einkorn

Better Grain Einkorn



351.7 mg/100 g

Conventional Wheat



383.97 mg/100 g

A vital mineral that plays a crucial role in maintaining fluid balance, nerve function, and muscle contractions. Abundant in various foods, including fruits, vegetables, dairy products, and legumes. Adequate potassium intake is important for heart health, blood pressure regulation, and overall electrolyte balance in the body.

Mg - Magnesium

3% LOWER in Einkorn

Better Grain Einkorn



102.39 mg/100 g

Conventional Wheat



106.08 mg/100 g

An essential mineral involved in numerous biochemical reactions in the body, including energy production, muscle function, and bone health. Found in foods such as nuts, seeds, leafy greens, and whole grains. Adequate magnesium intake is important for maintaining a healthy nervous system, supporting cardiovascular health, and promoting proper muscle and nerve function.

Mn - Manganese

12% HIGHER in Einkorn

Better Grain Einkorn



5.64 mg/100 g

Conventional Wheat



5.04 mg/100 g

Found in foods like whole grains, nuts, and legumes. Manganese plays a role in bone development, carbohydrate metabolism, and antioxidant defense. Adequate manganese intake is important for overall growth and development, as well as maintaining healthy bones and optimal brain function.

Mo - Molybdenum

400% HIGHER in Einkorn

Better Grain Einkorn



0.05 mg/100 g

Conventional Wheat



0.01 mg/100 g

Found in foods like legumes, grains, and organ meats. Molybdenum plays a crucial role in metabolism, particularly in the breakdown of certain amino acids and purines. It also contributes to the body's antioxidant defense system.

Na - Sodium

100% LOWER in Einkorn



An essential mineral that plays a vital role in maintaining fluid balance, nerve function, and muscle contractions.

Ni - Nickel

33% LOWER in Einkorn



A trace mineral found in various foods and the environment. While nickel is essential in small amounts for certain enzyme functions, excessive exposure to nickel can lead to health concerns, such as skin allergies and respiratory issues.

P - Phosphorus

2% LOWER in Einkorn



A vital mineral involved in numerous physiological processes, including bone formation, energy metabolism, and DNA synthesis. Adequate intake of phosphorus is necessary for maintaining proper bone health, cellular function, and overall growth and development.

Pb - Lead

NO DIFFERENCE

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

Lead is a toxic heavy metal that can have harmful effects on the body, particularly on the nervous system, kidneys, and blood cells. Lead exposure primarily occurs through contaminated water, soil, air, or certain consumer products. Even low levels of lead exposure can be detrimental, especially in children, causing developmental issues and cognitive impairments.

S - Sulfur

29% HIGHER in Einkorn

Better Grain Einkorn		180.67 mg/100 g
Conventional Wheat		139.74 mg/100 g

Sulfur plays a critical role in the structure and stability of proteins, as well as in the synthesis of important molecules such as glutathione, which acts as a powerful antioxidant.

Si - Silica

11% HIGHER in Einkorn

Better Grain Einkorn		5.9 mg/100 g
Conventional Wheat		5.31 mg/100 g

Silica is an essential mineral for the human body, playing a role in maintaining healthy connective tissues, bones, and teeth.

Se - Selenium

131% HIGHER in Einkorn



Selenium is an essential trace mineral important for cognitive function, a healthy immune system, and fertility. It plays a critical role in thyroid hormone metabolism and DNA synthesis. Found in Brazil nuts, seafood, and organ meats. The recommended daily allowance is 55 mcg for adults.

Sr - Strontium

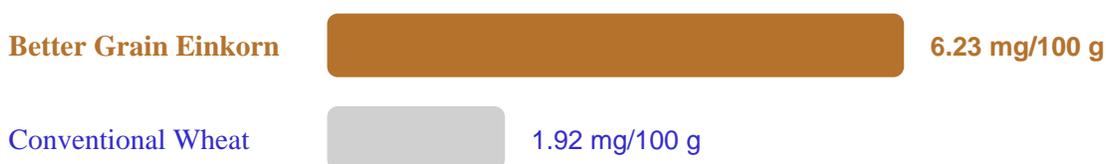
41% HIGHER in Einkorn



Strontium is a chemical element that is commonly found in the environment and can also be found in certain foods. It has been studied for its potential effects on bone health

Zn - Zinc

224% HIGHER in Einkorn



Zinc is an essential mineral that plays a crucial role in various bodily functions. It is involved in immune system function, wound healing, DNA synthesis, and cell division. Zinc is found in a wide range of foods, including meat, seafood, nuts, and seeds