

BETTER GRAIN

Nutrient Comparison Report

Einkorn vs Conventional Wheat

LABORATORY	Utah State University
DATE	Spring 2026
ANALYSIS	Comprehensive Nutrient Profile

Nutrient 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.

Vitamin B1

281% HIGHER in Einkorn

Better Grain Einkorn



1.18 mg/100 g

Conventional Wheat



0.31 mg/100 g

Essential nutrient found in whole grains, legumes, nuts, seeds, and lean meats. Converts food into energy, supports nervous system function, and aids in metabolism. Prevents deficiency-related conditions.

Vitamin B2

36% HIGHER in Einkorn

Better Grain Einkorn



0.15 mg/100 g

Conventional Wheat



0.11 mg/100 g

Essential nutrient that is involved in various metabolic processes in the body. It is found in a wide range of foods, including dairy products, meat, poultry, fish, and leafy green vegetables. Riboflavin plays a key role in energy production, as it helps convert carbohydrates into fuel for the body. It also acts as an antioxidant, protecting cells from damage caused by free radicals

Vitamin B3

424% HIGHER in Einkorn

Better Grain Einkorn



5.97 mg/100 g

Conventional Wheat



1.14 mg/100 g

Essential nutrient that plays a critical role in energy metabolism and maintaining overall health. It is found in a variety of foods, including meat, fish, poultry, legumes, and whole grains. Niacin is involved in the conversion of food into energy, the synthesis of DNA, and the maintenance of healthy skin, nerves, and digestion.

Vitamin B5

69% LOWER in Einkorn

Better Grain Einkorn



0.23 mg/100 g

Conventional Wheat



0.75 mg/100 g

Water-soluble vitamin that is essential for the metabolism of carbohydrates, proteins, and fats. It is found in a variety of foods, including meat, poultry, fish, whole grains, legumes, and vegetables. Pantothenic acid is involved in the production of energy from food, the synthesis of important molecules like fatty acids and cholesterol, and the formation of red blood cells. It also plays a role in supporting healthy skin, hair, and nails, as well as maintaining proper nerve function.

Vitamin B6

161% HIGHER in Einkorn

Better Grain Einkorn



0.47 mg/100 g

Conventional Wheat



0.18 mg/100 g

Essential nutrient that plays a vital role in numerous functions in the body. It is found in a variety of foods, including poultry, fish, whole grains, vegetables, and nuts. Pyridoxine is involved in the metabolism of proteins, carbohydrates, and fats, as well as the synthesis of neurotransmitters and red blood cells. It also supports the proper functioning of the immune system and helps maintain healthy brain function.

Vitamin B7

400% HIGHER in Einkorn

Better Grain Einkorn



12.0 ug/100g

Conventional Wheat



2.4 ug/100g

A water-soluble vitamin that plays a crucial role in various metabolic processes in the body. It is found in a wide range of foods, including eggs, nuts, seeds, fish, meat, and certain vegetables. Biotin is essential for the metabolism of carbohydrates, fats, and proteins, and it is involved in the synthesis of fatty acids and glucose.

β-Carotene

100% HIGHER in Einkorn

Better Grain Einkorn



13.45 ug/100g

Conventional Wheat



0.0 ug/100g

Vitamin A

NO DIFFERENCE

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

Vitamin D

NO DIFFERENCE

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

Vitamin E

50% LOWER in Einkorn

Better Grain Einkorn	0.22 mg/100 g
Conventional Wheat	0.44 mg/100 g

A form of vitamin E that acts as a powerful antioxidant in the body. It is commonly found in foods like nuts, seeds, vegetable oils, and leafy green vegetables. α -Tocopherol helps protect cells from oxidative damage, supports immune function, and may have anti-inflammatory effects. It is also important for maintaining healthy skin and eyes, and it plays a role in the functioning of the nervous system

Vitamin K

100% LOWER in Einkorn



A fat-soluble vitamin that plays a vital role in blood clotting and bone health. It is naturally synthesized by bacteria in the intestines and can also be obtained from dietary sources. Menaquinone is found in fermented foods like cheese, natto (fermented soybeans), and sauerkraut

CoQ10

40% LOWER in Einkorn



CoQ10 is a vital compound that supports mitochondrial energy production, helping cells generate ATP efficiently. It also functions as a powerful antioxidant, protecting the heart, muscles, and other tissues from oxidative stress and age-related decline.