

Edacious

ROA | Regenerative Organic Alliance

Regenerative Organic Nutrition Report

2026

A Joint Initiative from Edacious and the Regenerative Organic Alliance

For years, regenerative organic agriculture has been championed for what it does for the land: healthier soil, more resilient farms, lower carbon impact. What's been missing is an equally rigorous answer to a question shoppers are asking more and more:
is this food better for me?

In September 2025, Edacious PBC and the Regenerative Organic Alliance (ROA) set out to answer that question with data instead of assumptions. We launched a four-year partnership to measure the nutritional density, quality, and safety of Regenerative Organic Certified® (ROC™) crops and food products, with a goal of testing more than 200 ROC™ products and turning the results into a clear, evidence-based story about the value of regenerative organic agriculture. Our goal is to support a deeper understanding of how food is grown. One year in, this report is the first public milestone in that work. It's a first look, focused on the favorable patterns that stand out most, not a full accounting of every result.

As Christopher Gergen, ROA's CEO, put it when this partnership was first announced, "the goal is to move past what farmers have long believed, that how food is grown matters, and back it with real, measurable data on nutrient density and safety, demonstrating the value of regenerative organic farming for both human and planetary health."

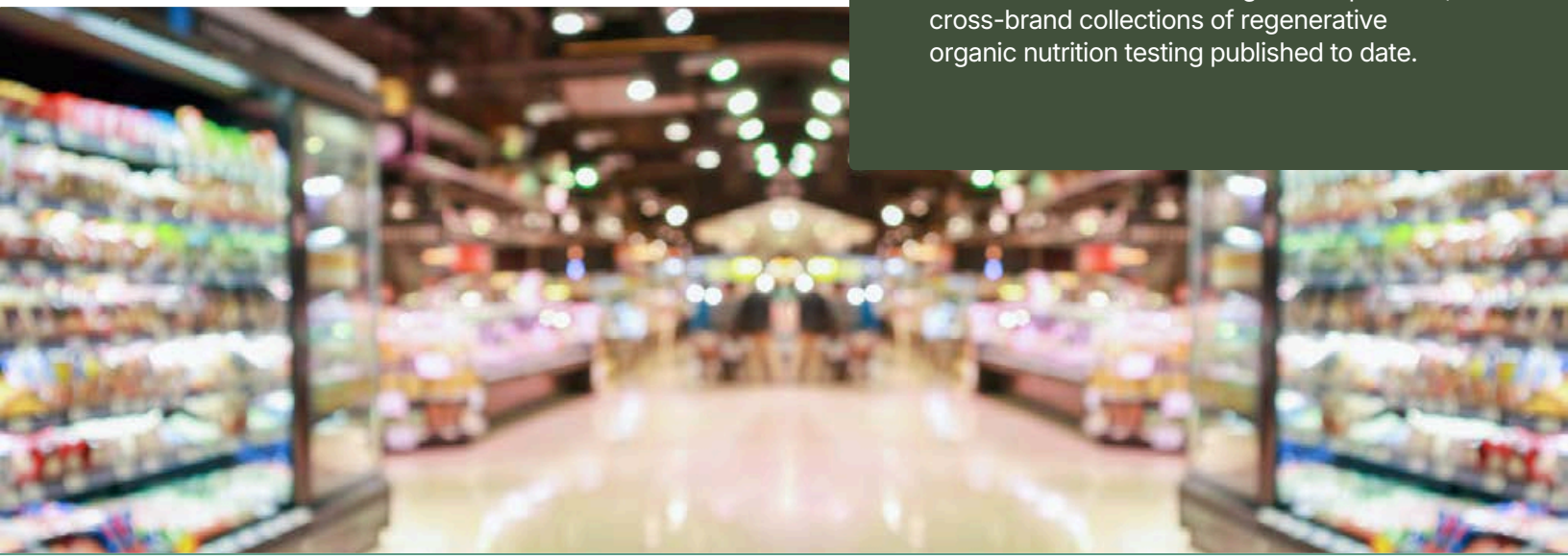
One Year In: The Numbers

Since the partnership was announced, dozens of brands have partnered with Edacious to explore the nutritional quality and safety of their products, spanning meat, grains, legumes, produce, oils, seeds, and snacks.

To date, more than 50 ROC™ products have moved through the Edacious Nutrient Density Analysis process. Each analysis is designed by Edacious's science and nutrition team to test the food components that give the most complete picture of a product's nutrition, with multiple samples analyzed to capture real production variability, all through an ISO/IEC 17025:2017 accredited lab.

At the launch of the report, 13 brands, representing 46 products, completed testing and have agreed to publish their results publicly in this report, putting their own testing data on the record.

This makes it one of the largest independent, cross-brand collections of regenerative organic nutrition testing published to date.



How Edacious Measures Food Quality

Who is Edacious?

Edacious is the independent partner for trust and transparency in food. We verify food quality and safety through accredited lab testing and turn the results into proof the market can trust.

Our role sits at the intersection of science and clear communication. Edacious measures nutritional quality and safety with rigor, then translates results into insights that producers, brands, and researchers can act upon. Lab testing is the foundation; independent verification is what separates a defensible claim from a self-reported one.

Edacious's work is designed to sit alongside certification, not replace it: a brand can be ROC™ certified, organic, grass-fed, all three, or none of those, and still choose to test and publish results through Edacious. This report is an expression of our mission to transform how the world measures and verifies food quality.

What is Nutrient Density?

Nutrient density remains a largely undefined term in the food industry, used inconsistently across research, regulation, and marketing. Edacious defines nutrient density as *the relative concentration of health-promoting compounds to non-beneficial compounds, per unit of measurement*.

Put more simply: nutrient density is how much of a food's essential nutrition, both macronutrients and micronutrients, it actually delivers per unit of measure, most traditionally per calorie. That ratio, of what's beneficial relative to what isn't, sits at the center of how Edacious thinks about food quality, and it's the foundation of our forthcoming nutritional profiling system, which will score foods on that balance directly.

This report presents the individual nutrients Edacious tested, benchmarked against USDA reference points, presented per serving, consistent with how nutrition is communicated to consumers today under FDA labeling conventions. Novel approaches are forthcoming, so stay tuned.

What We Measure, and Why

Each Edacious **Nutrient Density Analysis℠** is built around the specific food type being tested, not a one-size-fits-all panel. Depending on the product, this can mean up to 80 individual panels or analytes, going far beyond the typical Nutrition Facts label. Edacious's science and nutrition team selects the macro- and micronutrients that matter most for that food, balancing cost, breadth, and depth.

Every analysis runs through the Edacious Lab, our ISO/IEC 17025:2017 accredited lab, the same standard recognized by the FDA, USDA, and international regulators. Producers and brands work with the Edacious team to sample strategically, capturing real production variability to support auditable, defensible claims.

Nutrition Beyond the **Facts** Label℠ — Independently Tested by Edacious Labs

Servings per container	Input your own
Serving Size	Choose your own
Amount per serving	
Calories	Calculated
Total Fats	Total, %DV
Saturated Fats (SFA)	Total, %DV
+30 fatty acids	Totals
Monounsaturated Fats (MUFA)	Total, %DV
+30 fatty acids	Totals
Polyunsaturated Fats (PUFA)	Total, %DV
Omega-3	Totals
Omega-6	Totals
Incl. DHA, EPA, ALA	Totals
+30 fatty acids	Totals
Trans Fats (TFA)	Total
+30 fatty acids	Totals
Cholesterol	Total, %DV
Sodium	Total, %DV
Total Carbohydrate	Total, %DV
Dietary Fiber	Total, %DV
Soluble Fiber	Totals
Insoluble Fiber	Totals
Total Sugars	Total, %DV
Sugars Panel	Totals
Protein	Total
PDCAAS-adjusted Protein	%DV (as available)
Vitamins	-
Vitamin A	Total, %DV
Vitamin C	Total, %DV
Vitamin D	Total, %DV
Vitamin E	Total, %DV
Vitamin B1	Total, %DV
Vitamin B2	Total, %DV
Vitamin B3	Total, %DV
Vitamin B5	Total, %DV
Vitamin B6	Total, %DV
Vitamin B7	Total, %DV
Vitamin B9	Total, %DV
*Vitamin B12**	Total, %DV
Minerals	-
Calcium	Total, %DV
Iron	Total, %DV
Potassium	Total, %DV
Manganese	Total, %DV
Phosphorus	Total, %DV
Sulfur	Total, %DV
Magnesium	Total, %DV
Cobalt	Total, %DV
Nickel	Total, %DV
Copper	Total, %DV
Zinc	Total, %DV
Selenium	Total, %DV
Heavy Metals	-
Arsenic	Total, % of Limits
Cadmium	Total, % of Limits
Lead	Total, % of Limits
Mercury	Total, % of Limits

Why Brands Are Investing in Testing

Every brand in this report made a choice most of their competitors haven't: to test the nutrition and safety of their product(s) and put the results on the record. For some, that's about proving a nutritional story worth telling. For others, it's about tracking consistency across a supply chain, catching variability between suppliers or growing seasons. Collectively, they have all committed to knowing and sharing, with real data, what they're actually producing.

That choice builds on one they'd already made. Pursuing ROC™ status means meeting requirements well beyond what ends up on a nutrition panel: verified soil health and biodiversity practices, meaningful animal welfare standards, and fair treatment for farmers and workers, all audited on top of the organic standard ROC™ builds from.

What Edacious testing adds is a second, independently verified layer: real measurement of nutrient density (the levels of fats, protein, carbohydrates, vitamins, minerals, and other beneficial compounds delivered) and product safety (contaminant levels, including heavy metals and glyphosate), based on primary data. Together, these are what ROC™ brands are choosing to make measurable when it comes to human health.

That's a real investment in time, in cost, and in the rewards that come with transparency. It's also, we think, exactly what the next era of trust and transparency in food looks like. As Eric J. Smith, Edacious's founder and CEO, puts it: "Consumers are more skeptical than ever of unverified claims. Brands that can point to third-party testing are building something harder to copy than a label: real trust."

The brands in this report: Alexandre Family Farm, Applegate, ButcherBox, Charcutnuvo, Bionaturae by Jovial Foods, Lundberg, Niman Ranch, Patagonia Provisions, Philosopher Foods, SIMPLi, StarWalker Organic Farms, Wild Idea Buffalo, and Zego, represent a real cross-section of what regenerative organic agriculture looks like today: different sizes, different budgets, different categories; same commitment to people and the planet.



> *"For more than a decade, our members have trusted us to source meat the right way. Vague claims have never cut it for our customers, and more and more consumers are waking up to what goes into a claim. Having primary data about our products from a third-party partner like Edacious is one more proof point behind the trust and transparency our members deserve."*
>
> - ***Mike Salguero, CEO, ButcherBox***



What We Tested

Our first year of testing spans a wide range of the American plate:

20

Grains, legumes, and seed products:
amaranth, beans, chia seeds, chickpeas, lentils, rice, rolled oats, and quinoa from brands including Lundberg, SIMPLi, and Zego

16

Meat & protein products:
beef, bison, pork, and sausage products from brands including Applegate, ButcherBox, Charcutnuvo, Niman Ranch, StarWalkerOrganic Farms, and Wild Idea Buffalo

6

Snack products:
almonds and crackers from brands including Philosopher Foods and Patagonia Provisions

2

Oil products:
avocado oils from SIMPLi

1

Produce product:
canned tomatoes from Bionaturae by Jovial Foods

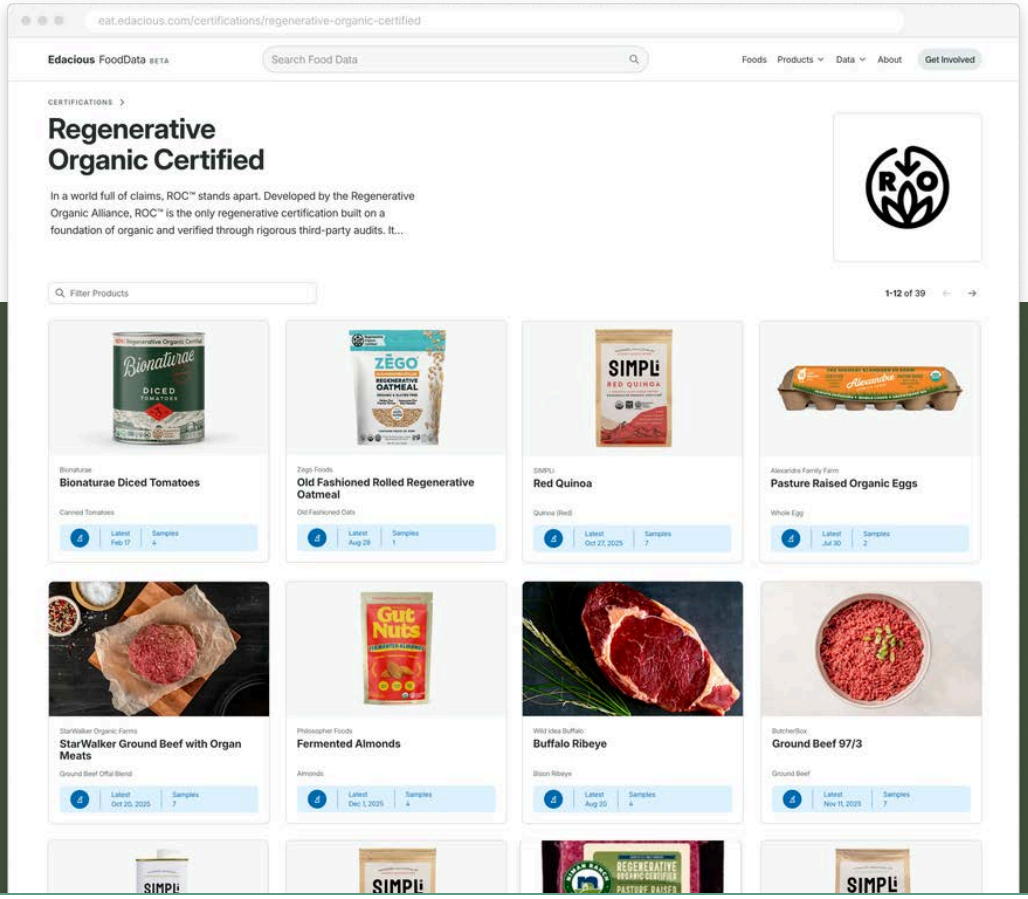
1

Eggs product:
pasture-raised eggs from Alexandre Family Farm

Edacious FoodData shows you the growing list of products from ROC™ brands who have chosen to publish their test results. View the full analysis results and more in-depth foods and nutrition data at:

→ **eat.edacious.com**

View the full list of links for foods included in this report on pages 13-14.

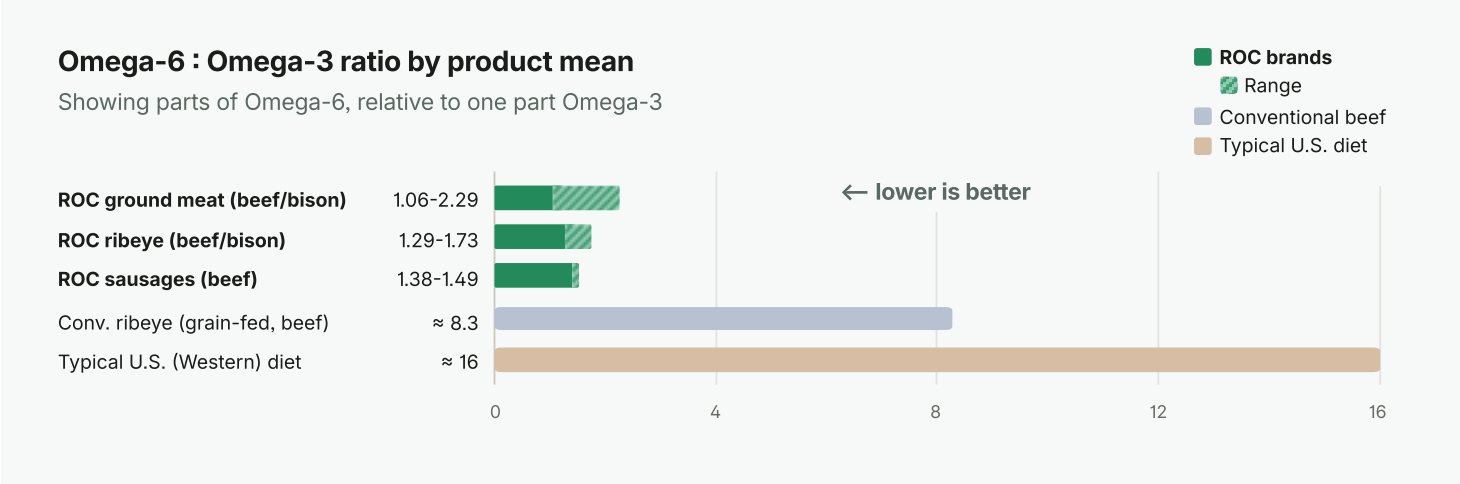


What We're Seeing

A few favorable patterns stand out across our first year of data. First, the caveats: these are early findings from a limited number of samples per product. Not a scientific study. Not a claim that regenerative organic beats conventional across the board. Just what our testing shows so far. And what it shows is this: across what we've tested, the data shows consistent, repeated improvements between ROC™ and conventional products across dozens of nutrients and dozens of products.

Omega-6 to Omega-3 ratios show up consistently lower in ROC™ meat products. A lower ratio is generally considered more favorable, and conventionally raised meat, particularly grain-finished beef, is well documented to run considerably higher. Nearly every ROC™ meat product we tested, from ground beef to bison to sausage, landed between roughly 1-to-1 and 2.3-to-1, well inside the range many nutrition researchers consider beneficial.

The difference traces back to diet: an animal's fat profile follows what it eats, and the pasture- and forage-based feeding standards at the center of ROC™ certification are a large part of why grass-fed, pasture-raised meat tends to skew toward a more favorable ratio than grain-fed alternatives.



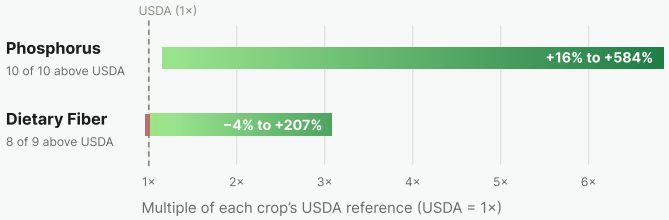
Conventional grain-fed ribeye 8.28:1 — Beef Nutrient Density Project, J. Anim. Sci. (2026).
Typical U.S. (Western) diet 15:1–16.7:1 — Simopoulos, Biomed. Pharmacother. (2002); Exp. Biol. Med. (2008).
Shown for context only; benchmarks are means/ranges with wide variation (e.g. grain-fed ribeye 8.28 ± 3.92).

Fiber and phosphorus are recurring strengths in legumes. Across all 10 legumes, every ROC™ variety showed higher phosphorus content than its USDA counterpart, ranging from 16% to 584% more. Phosphorus is required for DNA synthesis, cell metabolism, and supporting strong bone formation. Dietary fiber, which supports digestion and steady blood sugar, came in up to 207% higher than USDA reference data across the ROC™ lentils and beans we tested, with several products also showing standout mineral results.

See full chart on page 8 visualizing fiber differences in lentils and beans.

ROC™ Legume Varieties

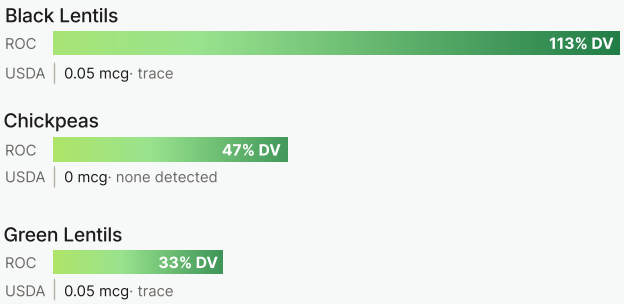
Phosphorus and Fiber profiles vs USDA references



Selenium is one of the more interesting soil-linked patterns in the data so far. Unlike most nutrients that are impacted by genetics and varietals, selenium in a plant tracks closely with how much selenium is available in the soil. That makes selenium a measurable link between where and how a crop is grown and the food's nutritional content. Several ROC™ legumes qualified as a rich source of selenium where the USDA reference shows none detected at all, and in one case, black lentils, a single serving met more than the full daily value on its own. This pattern is concentrated in one brand's testing so far, but it's one we'll be watching closely as more legume and produce data comes in.

Three "rich" sources of selenium

vs essentially zero in USDA references

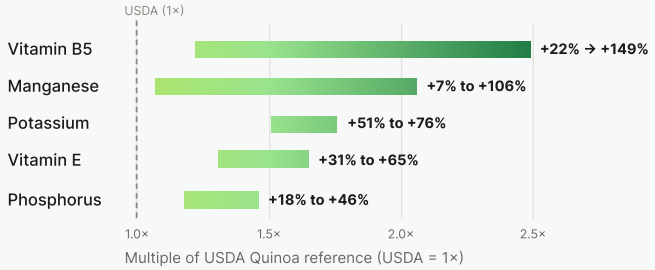


Grains showed some of the most consistent mineral and vitamin profiles. SIMPLi's quinoa varieties tested came in higher on potassium, phosphorus, and vitamin E than USDA reference data. Lundberg's Long Grain Brown Rice came in 125% higher in iron than its USDA benchmark (7% DV, versus 3% for the USDA reference), and 32% higher in phosphorus, high enough to qualify as a good source.

See chart on next page visualizing quinoa good and rich source claims alongside impressive % daily values.

ROC™ Quinoa Varieties

Micronutrient profiles vs USDA references







Several ROC™ products didn't just win on one nutrient; they qualified for multiple FDA source claims at once.

Zego's Old Fashioned Rolled Regenerative Oatmeal was eligible to make nine nutrient source claims (six rich, three good) spanning vitamins and minerals. This pattern of stacking multiple claims in a single product repeated elsewhere: SIMPLi's White Quinoa carried eleven total source claims, including rich-source status for magnesium, phosphorus, copper, and manganese.

Their Green Lentils qualified for eleven claims of their own, including fiber, copper, and selenium as rich sources alongside eight additional vitamins and minerals as good sources. Even SIMPLi's Amaranth, a crop that rarely gets this kind of attention, qualified for nine claims. A product clearing this many thresholds at once is a stronger signal of broad nutrient density than any single standout number on its own.

ROC quinoa, lentils, beans, amaranth & oats: Good / Rich source claims

% Daily Value per RACC serving

% Daily Value (per RACC serving)

<10% | 10% Good | 20% Rich | 30%+

	Fiber	Fe	Mg	P	Zn	Cu	Mn	Se	B1	B3	B5	B6	B7	B9	Vit E
SIMPLi — Black Quinoa	21%	11%	19%	19%	9%	19%	62%	0%	5%	4%	8%	5%	5%	11%	12%
SIMPLi — Red Quinoa	15%	9%	19%	21%	16%	19%	81%	0%	4%	4%	17%	5%	3%	14%	10%
SIMPLi — Tri-color Quinoa	15%	10%	21%	20%	13%	21%	72%	0%	7%	5%	12%	4%	4%	14%	10%
SIMPLi — White Quinoa	13%	12%	24%	23%	14%	27%	42%	0%	10%	4%	11%	4%	10%	15%	9%
SIMPLi — Amaranth	16%	19%	23%	21%	12%	21%	41%	0%	0%	1%	14%	3%	4%	11%	1%
SIMPLi — Red Lentils	19%	24%	6%	10%	11%	22%	14%	1%	11%	11%	14%	10%	5%	9%	1%
SIMPLi — Green Lentils	24%	11%	7%	14%	11%	33%	14%	33%	15%	14%	16%	9%	7%	17%	1%
SIMPLi — Black Lentils	24%	12%	6%	11%	9%	33%	15%	113%	7%	14%	13%	8%	12%	9%	1%
SIMPLi — Black Beans	35%	10%	17%	17%	8%	35%	25%	18%	10%	12%	5%	5%			0%
SIMPLi — Fava Beans	30%	6%	9%	16%	10%	32%	18%	0%	13%	5%	6%	4%	12%	27%	1%
Zego — Rolled Oatmeal		10%	20%	22%	14%	32%	108%	140%	18%	3%	8%	3%	30%		0%

Fe iron · Mg magnesium · P phosphorus · Zn zinc · Cu copper · Mn manganese · Se selenium · B1 thiamin · B3 niacin (NE) · B5 pantothenic acid · B6 pyridoxine · B7 biotin · B9 folate (DFE).
Daily Value per RACC serving: quinoa/amaranth/oats 45 g, lentils 35 g.
Displayed %DV rounded down to whole percent.



> *"We've always believed quality starts in the soil. When farmers care for the soil through regenerative organic practices, they create the conditions to grow food that truly nourishes. Now, independent testing is helping us put real data behind that belief, showing just how nutrient-dense our products are. To us, that's the gold standard for food: grown with integrity, deeply nourishing, and backed by science."*
>
> ***- Sarela Herrada, Co-Founder and Co-CEO, SIMPLi***

Portfolio Wins

Some of the most compelling findings in this report aren't about a single product, they're about a brand's whole lineup showing the same pattern.

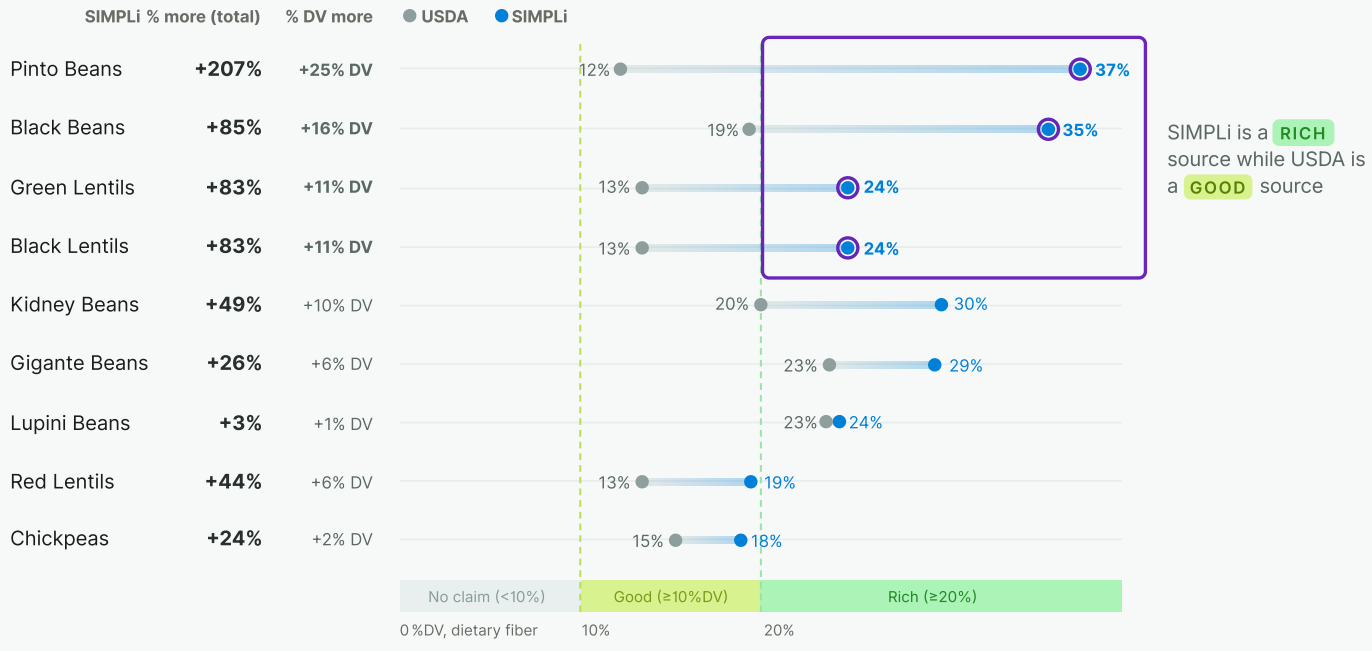
SIMPLi committed to full portfolio testing with Edacious. Fiber is a defining, portfolio-wide strength: eight of the ten ROC™ beans and legumes we tested for SIMPLi qualify as a rich source of dietary fiber, and the remaining two, red lentils and chickpeas, still qualify as a good source. Fiber delivery ranges from about 5 to 10.5 grams per serving, led by pinto beans at more than triple the USDA reference. The pattern we named above on selenium shows up clearly in SIMPLi's portfolio, and nowhere more strikingly than in their black lentils. Selenium came in at 178 mcg per 100g, meeting more than the full daily value in a single serving, in a crop where the USDA reference shows none detected.

Green lentils and chickpeas showed the same pattern at a smaller scale, both registering selenium where the most notable comparative USDA reference was essentially zero.

Fat quality showed up as its own strength across SIMPLi's beans and oils: with no USDA avocado oil entry available, their avocado oils were benchmarked against the closest stand-in, USDA olive oil, and delivered ALA, a plant-based omega-3, 21% to 40% higher. Chia seeds carry rich-source claims of their own for fiber, phosphorus, copper, and manganese.

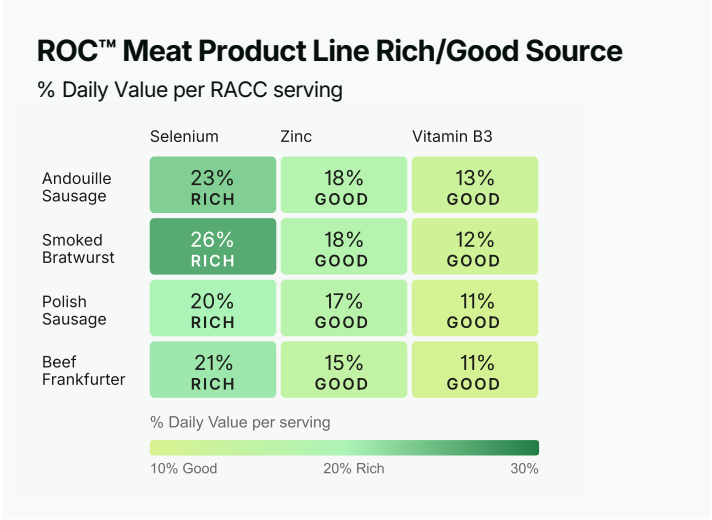
Dietary fiber—SIMPLi ROC vs USDA

Dietary fiber per serving (RACC 35 g)

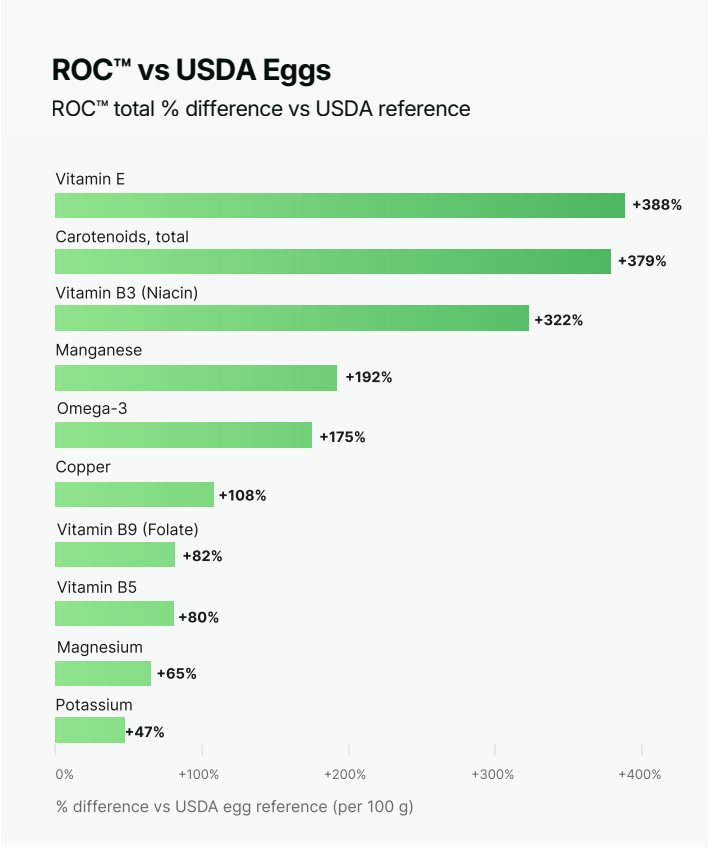




Charcutnuvo's lineup qualifies as a rich or good source of selenium, zinc, and vitamin B3 (Niacin) across every product tested, nutrients that support immune function and energy metabolism. Achieving these thresholds across an entire product line, not just a single item, makes this pattern notable rather than a one-off result. One product in the line also stood out on a different measure: the uncured beef frankfurter showed 49% more protein and 56% less total fat than its conventional counterpart, with saturated fat down 46% as well. Beta-carotene was also a detected nutrient, albeit in low total quantities, in a category (processed meats) where it isn't typically expected.



The ROC™ egg results, while limited to one product, show some exciting early indications. Alexandre Family Farm eggs qualify as a rich source of vitamin B5 (Pantothenic Acid) at 28% DV and selenium at 44% DV, and as a good source of vitamin E at 17% DV and vitamin B9 (Folate) at 13% DV, all higher than the comparative USDA reference. Lutein, a nutrient concentrated in the eye's macula and linked to protecting vision, came in at nearly 3.6 times the USDA reference in the pasture-raised eggs. The eggs also showed a more favorable fat profile: the omega-6 to omega-3 ratio fell from roughly 15.6-to-1 in the USDA reference to 7.8-to-1, echoing a pattern seen across ROC™ meat products tested.





Product Spotlights

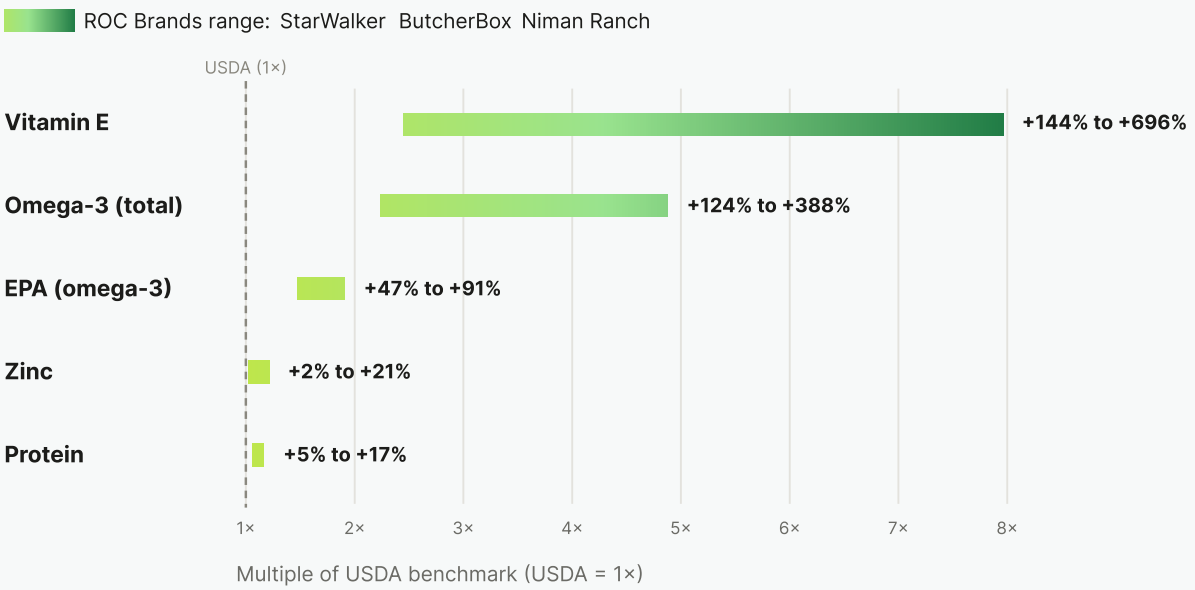
Portfolio-level patterns tell part of this story, but let's not forget to look at a few individual results that deserve special attention.

ROC™ ground beef, across producers, tells a consistent story. StarWalker Organic Farms, ButcherBox, and Niman Ranch each submitted ROC™ ground beef for testing, benchmarked against the closest-matching USDA ground beef reference for each product's lean grade. Omega-3 fatty acids are best known for supporting heart and brain health, and are typically associated with fish rather than beef.

While this isn't fish-level omega-3, it is more than typical ground beef delivers. Independently, all three showed higher total omega-3 content, ranging from 124% to 388% higher than the USDA reference. Three different brands, three different supply chains, landing on the same directional result. That kind of repetition is what starts to turn an interesting data point into a real signal.

ROC Brands vs USDA: nutrients where all three run higher

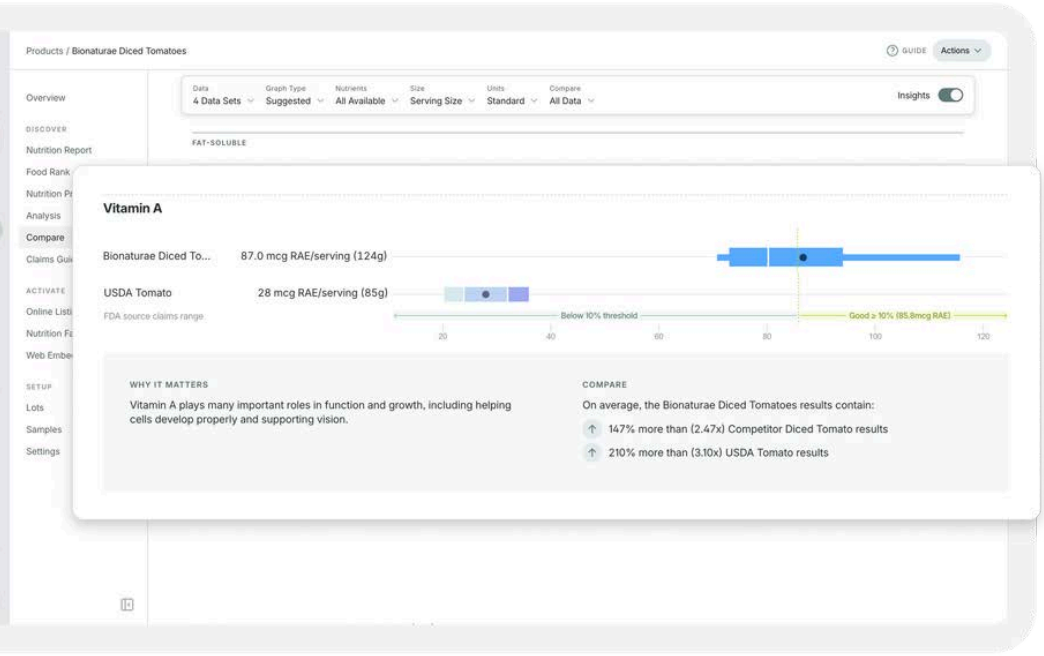
Composite of StarWalker, ButcherBox & Niman Ranch (ground beef) · range across three brands, as a multiple of the USDA benchmark





Wild Idea Buffalo's ground buffalo showed detectable EPA, DHA, and carotenoids; nutrients where the USDA reference for this product type shows none. These are nutrients that often track with what an animal eats, which makes this one of the more direct, tellable connections between regenerative pasture-based practices and what shows up on a nutrition panel. Wild Idea Buffalo's Ground Buffalo also carries five separate vitamin source claims: vitamin B2 (Riboflavin), vitamin B3 (Niacin) as rich sources, plus vitamin B5 (Pantothenic Acid) and vitamin B6 (Pyridoxine) as good sources.

> *"Regenerative ranching is about bringing biodiversity back to the land while raising animals differently. Testing with Edacious and now being part of a report like this is a chance to show that connection between how we ranch and what ends up on someone's plate."*
>
> - ***Jilian Jones, Second Generation Owner, Wild Idea Buffalo***

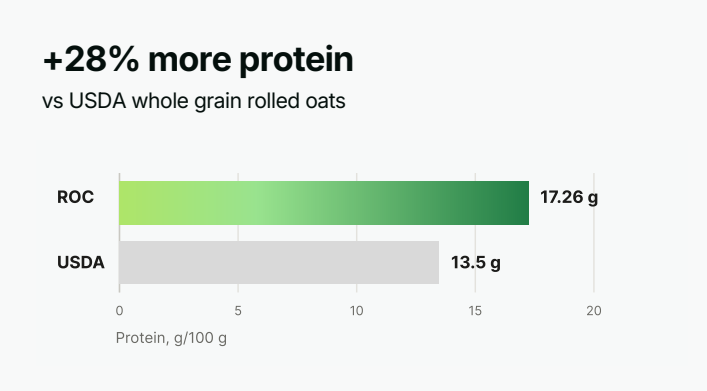


Bionaturae by Jovial Foods diced tomatoes delivered strong results, including higher lycopene, total carotenoids, and several vitamins and minerals compared to a well-matched USDA canned tomato reference. Lycopene, an antioxidant most associated with tomatoes and linked to heart and skin health, showed up at levels nearly 10 times higher than the USDA reference in the ROC™ diced tomatoes tested.

← This screenshot from Edacious Pro Platform shows you what our customers see: in this case, **210% more vitamin A than the USDA dataset.**

Zego's rolled oats testing shows one of the broadest nutrient claim profiles we saw: qualifying as a rich source of vitamin B7 (Biotin), phosphorus, selenium, magnesium, manganese, and copper, plus a good source of vitamin B1 (Thiamin), zinc, and iron—nine total source claims from a single product. While it may be common for grains to hold a few source claims, Zego's product resulted in a notably broad list worth celebrating. Additionally, protein stands out, at 28% higher than the USDA reference.

See chart on page 7 visualizing Zego's good and rich source claims alongside impressive % daily values.





Where We're Still Learning and What's Next

"This report reflects year one of a four-year commitment between the Regenerative Organic Alliance and Edacious. We're just getting started, and there's more to learn, not just about standout products, nutrients, etc., but about what's actually driving the results," says Eric J. Smith. "We should be energized by what we are seeing and eager to keep learning, together."

Edacious's role is to generate the independent data that makes questions like these answerable, and we do that alongside our brand and research partners, not in isolation. What this first year of testing shows is real: ROC™ products trended favorably against conventional benchmarks on the majority of nutrients and products tested, a pattern that held up across dozens of nutrients and dozens of products rather than showing up in just a handful of standout results. A food's nutrient profile reflects genetics, growing environment, and management practices working together, and separating how much of a given result traces to which is one of the harder problems in agricultural science. In addition to the role genetic and varietal selection plays, the open question is which of the practices ROC™ standards govern, from soil health and grazing to biodiversity and animal welfare, are driving which results, and by how much.

Closing that gap is what controlled testing and experiments are for: comparing the same variety grown under different management practices, or the same management practices applied across different varietals, so that one variable moves at a time instead of all three at once. That's a different kind of study than this report, and we hope that this partnership and the early findings inspire more investments in controlled studies in the near future. Please contact us about setting up these types of trials; we have the team and capacity to support this investigation.

In the year ahead, we're prioritizing:

- **Bringing more ROC™ brands into testing**, building toward our original goal of 200+ products tested.
- **Continued testing with existing producer and brand partners**, to track variability and consistency year over year.
- **Expanding producers in under-represented food categories** to ensure breadth and depth across food types.
- **Expand attribute tagging to data**, including variety, growing region, and management practice, so future comparisons can start attributing results to specific practices rather than reporting the combined effect.

If you're a ROC™-certified brand and you want to understand how your investment in regenerative organic translates to nutrition or better track your supply chain, we'd like to help.

edacious.com/get-started

Sources & Data

Every product referenced in this report is backed by its published results on the Edacious platform and is Regenerative Organic Certified®.

Brand	Product	Public Product Listing
Alexandre Family Farm	Pasture Raised Organic Eggs	View Results
Applegate	Uncured Beef Hot Dog	Coming Soon!
ButcherBox	Grassfed Ground Beef	View Results
Charcutnuvo	Smoked Andouille Sausage	Coming Soon!
Charcutnuvo	Smoked Bratwurst	Coming Soon!
Charcutnuvo	Uncured Beef Frankfurter	Coming Soon!
Charcutnuvo	Smoked Polish Sausage	Coming Soon!
Bionaturae by Jovial Foods	Diced Tomatoes	View Results
Lundberg	Black Pearl Rice	View Results
Lundberg	Long Grain Brown Rice	View Results
Niman Ranch	Ribeye	View Results
Niman Ranch	Ground Beef	View Results
Patagonia Provisions	Sourdough Sea Salt Crackers	Coming Soon!
Patagonia Provisions	Rosemary Garlic Crackers	Coming Soon!
Patagonia Provisions	Multiseed Organic Crackers	Coming Soon!
Patagonia Provisions	Organic Toasted Cheeze Crackers	Coming Soon!
Philosopher Foods	Fermented Almonds	View Results
Philosopher Foods	Almonds	View Results
SIMPLi	Black Beans	View Results
SIMPLi	Kidney Beans	View Results
SIMPLi	Red Lentils	View Results

If you are reading this report in print, you can explore all published ROC™ product data by visiting: https://eat.edacious.com/certifications/regenerative-organic-certified

Brand	Product	Public Product Listing
SIMPLi	Green Lentils	View Results
SIMPLi	Black Lentils	View Results
SIMPLi	Gigante Beans	View Results
SIMPLi	Lupini Beans	View Results
SIMPLi	Fava Beans	View Results
SIMPLi	Chia Seeds	View Results
SIMPLi	Farro	View Results
SIMPLi	Chickpeas	View Results
SIMPLi	Pinto Beans	View Results
SIMPLi	Extra Virgin Avocado Oil	View Results
SIMPLi	Pure Avocado Oil	View Results
SIMPLi	Black Quinoa	View Results
SIMPLi	Red Quinoa	View Results
SIMPLi	Tri-color Quinoa	View Results
SIMPLi	White Quinoa	View Results
SIMPLi	Amaranth	View Results
StarWalker Organic Farms	Bacon	View Results
StarWalker Organic Farms	Ground Beef	View Results
StarWalker Organic Farms	Ground Beef with Organ Meats	View Results
StarWalker Organic Farms	Pork Loin	View Results
StarWalker Organic Farms	Ribeye	View Results
Wild Idea Buffalo	Ground Buffalo	View Results
Wild Idea Buffalo	Buffalo Ribeye	View Results
Wild Idea Buffalo	Ancestral Blend Ground Buffalo	View Results
Zego	Old Fashioned Rolled Regenerative Oatmeal	View Results

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About This Report

This report is based on independent, third-party laboratory testing conducted by Edacious using a limited number of samples per product (typically 2–7). This testing goes well beyond what FDA regulations require for an NLEA compliant label (Nutrition Facts Panel), which can be based on database values or calculated estimates rather than direct lab analysis. Edacious's protocol instead tests each product across dozens of analytes in our ISO/IEC 17025:2017 accredited lab. It is not a peer-reviewed scientific study, however, and the products included are not a statistically representative sample of any food category or the broader market.

Nutritional content is not as uniform as it's often assumed to be; an apple is not simply an apple. Nutrient values vary from lot to lot, and federal labeling rules account for this with a 20% margin in both directions. Naturally occurring vitamins, minerals, protein, and fiber must reach at least 80% of the declared value, and calories, fat, sodium, and sugars can't exceed 120% of it. Values in this report and on our public product listings may differ from a product's printed label for the same reason, and both can be accurate at the same time.

Results here are an exploratory look at favorable nutrient density patterns, not a guarantee that holds across every lot, region, or production run a brand makes. Brands looking to use primary data to update packaging, labels, or support specific claims work directly with our team to design sampling and testing built to hold up for that purpose.

This report includes two kinds of results, and they answer different questions. Source claims (good source, rich source) are based on the FDA's % Daily Value thresholds, a fixed reference point set independently of any single USDA entry. Comparisons described as "higher" or "lower than the USDA reference" instead compare a product's tested value to the average of the most closely matched USDA FoodData Central entries for that food type, in some cases a single entry, in others a pooled average across several.

Serving size is a related source of apparent difference for %Daily Value figures and source claims. This report calculates %DV using a standardized reference serving size for each food category, which can differ from the serving size shown on a product's individual public listing page. The same lab result can therefore show a different %DV at different serving sizes without reflecting any change in the underlying measurement. Percentage comparisons to USDA reference data are calculated on a consistent weight basis and are not affected by this.

As reference points vary by product, a percentage difference does not always mean the same thing from one comparison to the next. Where a product's tested value fell within the range already seen across the relevant USDA entries, we did not describe that difference as meaningful, even where the average comparison was favorable.

Comparisons to USDA data draw from USDA FoodData Central (fdc.nal.usda.gov), the U.S. Department of Agriculture's public nutrient database; readers interested in exploring the specific USDA entries used for any comparison in this report are welcome to look them up directly, or explore Edacious FoodData. In some cases, no closely matched USDA entry exists and a reasonable stand-in was used instead; even a well-matched entry may reflect a different variety, maturity, or enrichment status than the product tested, which can account for part of a difference on its own. Results reflect what Edacious measured in the specific samples tested and are not claims made by, or on behalf of, participating brands; brands referenced in this report have approved the inclusion of their own results.

Questions about our datasets, the findings and insights outlined in this report, or interest in partnering with Edacious?
Contact us at info@edacious.com.



Edacious

Regenerative Organic Alliance

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