

**WHAT IS ?**

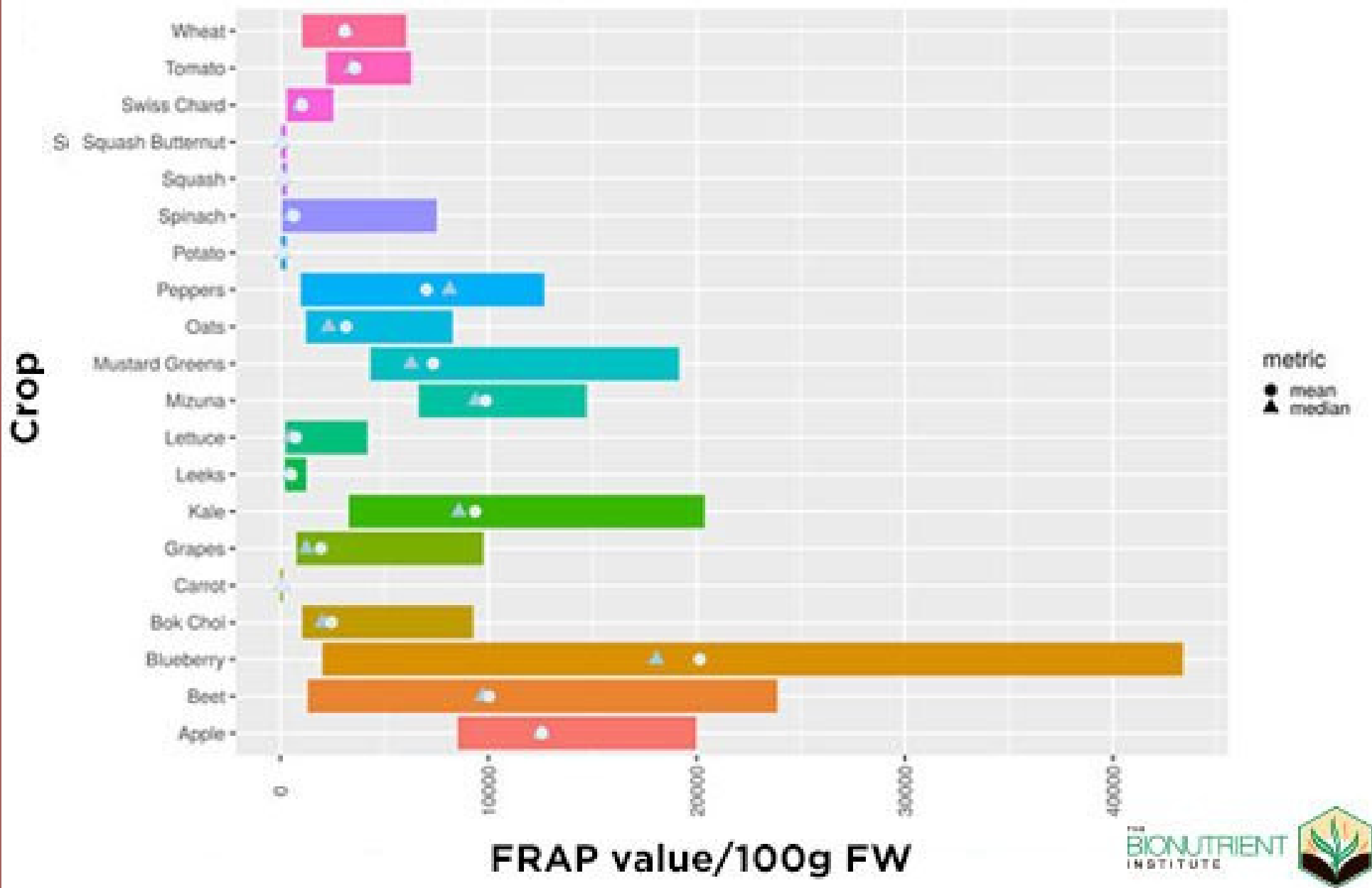
**NUTRIENT  
VARIATION**

# Not all food is created equal!

It turns out that how we take care of the soil influences the nutritional profile of crops.

There's significant variation in the vital nutrients of food according to different agricultural practices.

# Antioxidants Variation found



Depending on the nutrient and the crop, the overall variations could be from 2:1 to 10:1 to 60:1 or more.

Blueberries are considered to have a high-antioxidant content, but in fact antioxidants can vary from aprox. 25 to over 4000 antioxidant units/100g.

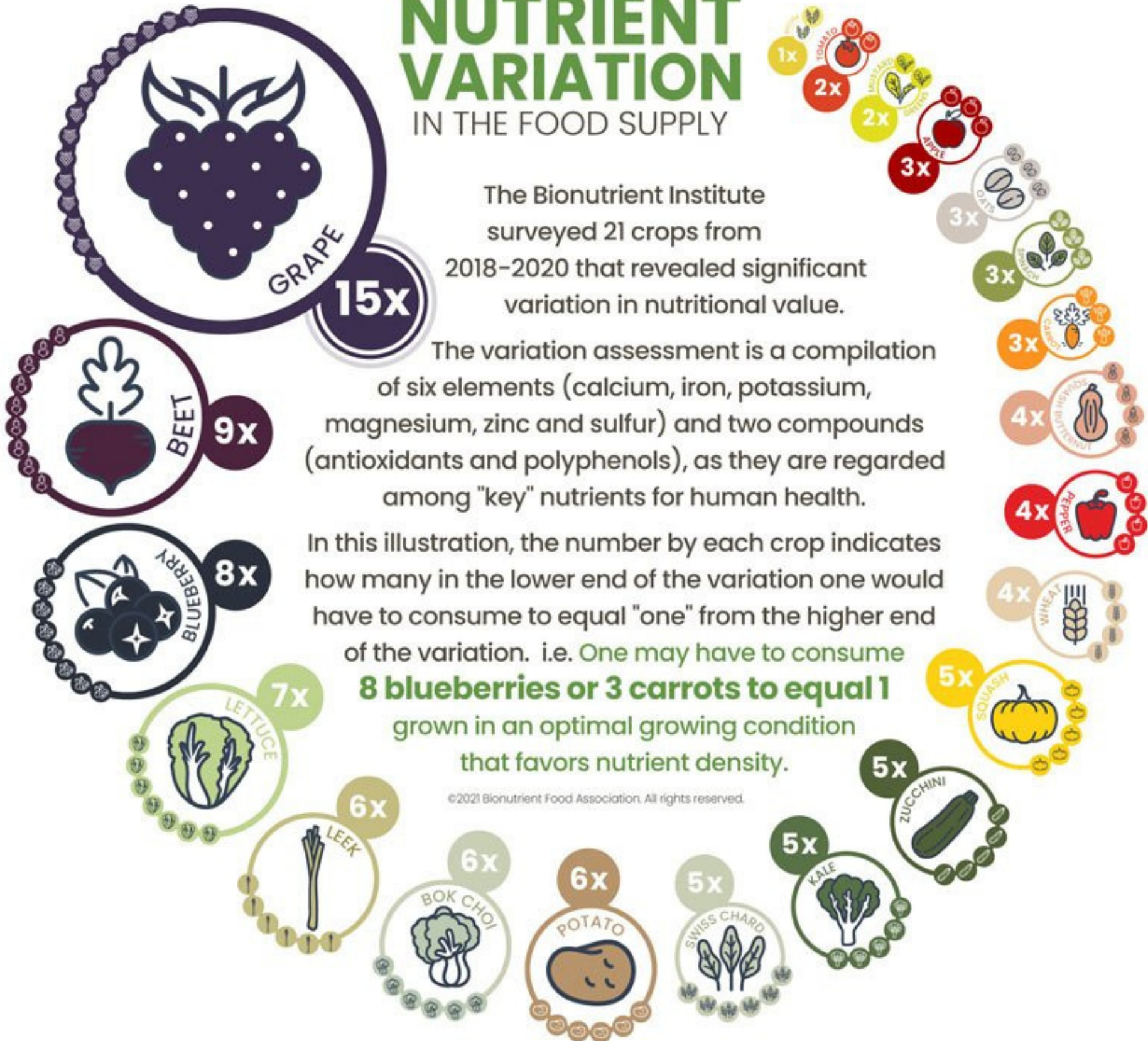
# NUTRIENT VARIATION IN THE FOOD SUPPLY

The Bionutrient Institute surveyed 21 crops from 2018-2020 that revealed significant variation in nutritional value.

The variation assessment is a compilation of six elements (calcium, iron, potassium, magnesium, zinc and sulfur) and two compounds (antioxidants and polyphenols), as they are regarded among "key" nutrients for human health.

In this illustration, the number by each crop indicates how many in the lower end of the variation one would have to consume to equal "one" from the higher end of the variation. i.e. One may have to consume **8 blueberries or 3 carrots to equal 1** grown in an optimal growing condition that favors nutrient density.

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We are here to investigate and share data on how **regenerative agriculture** can produce **nutrient dense** food.

We are a collective of **health professionals** connecting with this new field of science.

Join us in the  
**nutrient density revolution!**

