

# Nutrients and Phytonutrients by Ingredient

## Freshly Milled Organic Whole Grains

| Nutrient or phytonutrient | Likely role or benefit                                                        |
|---------------------------|-------------------------------------------------------------------------------|
| Dietary fiber             | Supports digestive regularity, fullness, and beneficial intestinal bacteria   |
| Complex carbohydrates     | Provide energy and generally digest more gradually than refined carbohydrates |
| Plant protein             | Supports tissue maintenance, enzymes, and normal body functions               |
| Thiamin                   | Supports energy metabolism and nervous-system function                        |
| Riboflavin                | Helps the body release energy from food                                       |
| Niacin                    | Supports energy metabolism and nervous-system function                        |
| Vitamin B6                | Supports amino-acid metabolism and neurotransmitter production                |
| Folate                    | Supports DNA synthesis and normal cell division                               |
| Vitamin E                 | Helps protect cell membranes from oxidative damage                            |
| Iron                      | Supports oxygen transport in the blood                                        |
| Magnesium                 | Supports muscle, nerve, enzyme, and energy functions                          |
| Zinc                      | Supports immune function, healing, and enzyme activity                        |
| Selenium                  | Supports antioxidant enzymes and thyroid function                             |
| Phosphorus                | Supports bones, cell membranes, and energy metabolism                         |
| Manganese                 | Supports metabolism, bone formation, and antioxidant enzymes                  |
| Copper                    | Supports connective tissue and iron metabolism                                |
| Ferulic acid              | A grain phenolic associated with antioxidant activity                         |
| Lignans                   | Plant compounds associated with whole-grain consumption                       |
| Alkylresorcinols          | Compounds concentrated in the outer layers of wheat and rye                   |
| Carotenoids               | Pigments with antioxidant roles; amounts vary by grain variety                |
| Anthocyanins              | Colored-grain pigments found in some purple, blue, or red grains              |

# Organic Extra-Virgin Olive Oil

| Nutrient or phytonutrient        | Likely role or benefit                                                                             |
|----------------------------------|----------------------------------------------------------------------------------------------------|
| Oleic acid                       | A monounsaturated fatty acid that supports cell membranes and provides energy                      |
| Vitamin E                        | Helps protect fats and cells from oxidation                                                        |
| Vitamin K                        | Supports normal blood clotting and bone-related proteins                                           |
| Hydroxytyrosol-related compounds | Olive phenols with antioxidant activity                                                            |
| Tyrosol-related compounds        | Contribute to olive oil's antioxidant profile                                                      |
| Oleocanthal                      | A naturally occurring olive compound associated with antioxidant and inflammation-related pathways |
| Olive lignans                    | Contribute to the oil's overall phenolic content                                                   |
| Secoiridoids                     | Help produce the bitterness, pungency, and antioxidant stability of quality olive oil              |

The quantity of olive phenols varies considerably by olive variety, harvest maturity, extraction, freshness, and storage.

# Organic Eggs

| Nutrient or phytonutrient | Likely role or benefit                                                |
|---------------------------|-----------------------------------------------------------------------|
| Complete protein          | Supplies all nine essential amino acids                               |
| Choline                   | Supports cell membranes, liver function, and nervous-system signaling |
| Vitamin B12               | Supports red-blood-cell formation and nervous-system function         |
| Vitamin A                 | Supports vision, immune function, and tissue development              |
| Vitamin D                 | Supports calcium absorption, bones, muscles, and immune function      |
| Vitamin E                 | Provides antioxidant protection                                       |
| Riboflavin                | Supports energy metabolism                                            |
| Biotin                    | Supports metabolism of fats, carbohydrates, and amino acids           |
| Selenium                  | Supports antioxidant enzymes and thyroid function                     |
| Iodine                    | Supports thyroid-hormone production                                   |
| Phosphorus                | Supports bones, cells, and energy metabolism                          |
| Lutein                    | A carotenoid associated with eye tissues                              |
| Zeaxanthin                | A carotenoid concentrated in the retina                               |
| Phospholipids             | Important structural components of cell membranes                     |

## Local Honey

| Nutrient or phytonutrient | Likely role or benefit                             |
|---------------------------|----------------------------------------------------|
| Glucose and fructose      | Provide sweetness and energy                       |
| Phenolic acids            | Contribute small amounts of antioxidant activity   |
| Flavonoids                | Contribute to honey's variable antioxidant profile |
| Organic acids             | Contribute to flavor and acidity                   |
| Trace minerals            | Present in small, variable amounts                 |
| Floral aromatic compounds | Provide distinctive local flavor and aroma         |

Honey is not a concentrated source of vitamins or minerals. Its most important contributions to our baking are flavor, moisture, browning, and local character.

The amount and type of phytonutrients vary according to floral source, season, color, processing, age, and storage.

## Reconstituted Organic Buttermilk

| Nutrient or component  | Likely role or benefit                                             |
|------------------------|--------------------------------------------------------------------|
| Calcium                | Supports bones, teeth, muscles, nerves, and normal blood clotting  |
| Phosphorus             | Works with calcium in bones and supports cellular energy functions |
| Potassium              | Supports fluid balance, muscle contraction, and nerve signaling    |
| Complete dairy protein | Supplies all nine essential amino acids                            |
| Casein                 | Provides essential amino acids and contributes to structure        |
| Whey protein           | Provides essential amino acids, including leucine                  |
| Riboflavin             | Supports energy metabolism                                         |
| Vitamin B12            | Supports blood-cell formation and nervous-system function          |
| Pantothenic acid       | Supports coenzyme production and energy metabolism                 |
| Iodine                 | Supports thyroid function                                          |
| Selenium               | Supports antioxidant and thyroid enzymes                           |
| Zinc                   | Supports immune and enzyme function                                |
| Magnesium              | Supports muscle, nerve, and metabolic functions                    |
| Vitamins A and D       | May be present naturally or through fortification                  |
| Milk phospholipids     | Contribute to cell-membrane-related lipids                         |
| Lactic acid            | Reacts with baking soda and helps produce a tender crumb           |

Any live cultures used to produce the buttermilk should not be considered probiotics after baking.

## Yeast

| Nutrient or component | Likely role or benefit                        |
|-----------------------|-----------------------------------------------|
| Protein               | Contributes a small amount to total protein   |
| Thiamin               | Supports energy metabolism and nerve function |
| Riboflavin            | Supports energy metabolism                    |
| Niacin                | Supports cellular energy production           |
| Vitamin B6            | Supports amino-acid metabolism                |
| Folate                | Supports DNA synthesis and cell division      |
| Pantothenic acid      | Supports energy metabolism                    |
| Beta-glucans          | Components of the yeast cell wall             |
| Mannans               | Cell-wall carbohydrates present in yeast      |

Because relatively little yeast is used in a loaf, its direct nutrient contribution is modest. Its primary role is fermentation, leavening, and flavor development.

Baking kills the yeast, so ordinary yeast bread should not be described as probiotic.

## Organic Vital Wheat Gluten

| Nutrient or component      | Likely role or benefit                      |
|----------------------------|---------------------------------------------|
| Concentrated wheat protein | Raises the protein content of the dough     |
| Gliadin                    | Helps dough stretch and expand              |
| Glutenin                   | Helps dough develop strength and elasticity |

Organic vital wheat gluten primarily improves structure, gas retention, volume, and texture. It provides few unique vitamins or phytonutrients.

Wheat gluten is relatively low in lysine and is not a complete protein by itself.

Products containing vital wheat gluten are not suitable for people with celiac disease or others who must avoid gluten.

# Organic Potato Flakes

| Nutrient or phytonutrient                                        | Likely role or benefit                                                                                                                    |
|------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|
| Potassium                                                        | Supports fluid balance, nerve signaling, muscle contraction, and normal blood-pressure regulation                                         |
| Vitamin B6                                                       | Supports protein metabolism, neurotransmitter production, and normal immune function                                                      |
| Phosphorus                                                       | Supports bones and teeth, cell membranes, and cellular energy metabolism                                                                  |
| Magnesium                                                        | Supports muscle and nerve function, energy metabolism, and numerous enzyme reactions                                                      |
| Niacin (Vitamin B3)                                              | Helps the body convert food into usable energy and supports normal nervous-system function                                                |
| Dietary fiber                                                    | Contributes to digestive health and satiety; the amount depends on how the potato flakes are processed                                    |
| Resistant starch                                                 | Some may form during cooking, cooling, and processing and can function similarly to fermentable fiber; the amount varies considerably     |
| Phenolic compounds, including chlorogenic-acid-related compounds | Naturally occurring potato plant compounds with antioxidant activity; amounts are variable and generally reduced by processing and baking |

Organic potato flakes are used primarily to improve moisture retention, tenderness, and softness in whole-grain bread. They can also help the loaf stay pleasant and less dry as it ages.

Their strongest nutritional contribution is potassium, along with smaller amounts of several other potato nutrients. Vitamin C is not emphasized because processing, storage, and baking can substantially reduce it.

# Unrefined Pink Salt

| Nutrient or mineral | Likely role or benefit                                               |
|---------------------|----------------------------------------------------------------------|
| Sodium              | Supports fluid balance, nerves, and muscle contraction               |
| Chloride            | Supports fluid balance, digestion, and acid-base regulation          |
| Trace iron          | Contributes to the salt's color but is present in very small amounts |
| Trace calcium       | Present in quantities too small to be nutritionally significant      |
| Trace magnesium     | Present in quantities too small to be nutritionally significant      |
| Trace potassium     | Present in quantities too small to be nutritionally significant      |

We use unrefined salt for its flavor and minimal processing. We do not present Himalayan pink salt as a meaningful source of trace minerals.

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