

Nutrient	Terreway Value	Retail Value	USDA Value	Why It Matters	Comparison Notes (Average Results vs. Benchmarks)
Proteins (g/serving)	26.42 g	24.41 g	22.49 g	Protein is essential for supporting growth, maintenance and repair of cells and producing enzymes, hormones.	5% more than Retail Beef Ribeye benchmark.
Fats (g/serving)	13.2 g	11.78 g	11.88 g	Fat provides energy and contributes to cell building. It is made up of fatty acids - saturated, monounsaturated, polyunsaturated fatty acids (PUFA), monounsaturated fatty acids (MUFA).	11% more than USDA Beef Ribeye benchmark.
Cholesterol (mg/serving)	51.37 mg	67.77 mg	67.77 mg	Cholesterol is a building block for making cells, produce certain hormones, and help the body absorb fat from the diet. Human can make cholesterol so it is not necessary to eat.	(Not fully legible; appears lower in Ternary sample.)
Saturated Fat (SFA) (g/serving)	3.54 g	2.75 g	4.76 g	Saturated fatty acids are a group of fats that provide energy to the body, can raise	29% more than Retail Beef Ribeye benchmark. 26% less than

				blood cholesterol levels.	USDA Beef Ribeye benchmark.
Monounsaturated Fat (MUFA) (g/serving)	2.29 g	2.29 g	5.11 g	Monounsaturated fatty acids are a group of fat that provide energy, contribute to cell building, and aid the body's absorption of certain vitamins.	0% (same as Retail Beef Ribeye benchmark). 55% less than USDA Beef Ribeye benchmark.
Polyunsaturated Fat (PUFA) (g/serving)	0.41 g	5.38 g	0.42 g	Polyunsaturated fatty acids are a group of fats that provide energy, contribute to cell building, and can have lower blood cholesterol levels.	92% less than Retail Beef Ribeye benchmark. 2% less than USDA Beef Ribeye benchmark.
Trans Fatty Acid (TFA) (g/serving)	0.32 g	5.00 g	5.46 g	Trans fatty acids are a type of fat that most experts consider harmful for health. However, the source of this may matter their health impact.	(Not fully legible; appears much lower in Ternary sample.)
Omega-3 (g/serving)	0.08 g	0.05 g	0.01 g	Omega-3 is a subgroup of PUFA that promote health and lower inflammation.	47% more than Retail Beef Ribeye benchmark. 169% more than USDA Beef Ribeye benchmark.

Omega-6 (g/serving)	0.39 g	5.30 g	0.30 g	Omega-6 is a subgroup of PUFA that increase the body's beneficial inflammatory response when fighting infection or healing injury.	93% less than Retail Beef Ribeye benchmark. 23% more than USDA Beef Ribeye benchmark.
Omega 6:3 Ratio (Lower values are healthier)	4.87	106.0	30.0	Part of Omega-6 relative to one part Omega-3.	(Not fully legible; Ternary has the lowest/most favorable ratio.)