

Utah State University analysis finds diestel regenerative turkeys deliver superior nutritional benefits

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Just in time for Thanksgiving, new findings from the Centre for Human Nutrition Studies at Utah State University on behalf of Diestel Family Ranch, released, confirm that Diestel Regenerative Turkeys demonstrate significant nutritional benefits over commodity turkeys across all three major product categories: breast meat, ground turkey, and whole bird.

Building on an initial analysis released in 2024, this expanded analysis found that regenerative farming practices consistently yield turkeys with higher levels of antioxidants, a better fatty acid balance, and more essential vitamins.

Regenerative agriculture prioritises soil health and works to eliminate farming practices that negatively impact the planet. Through practices like rotational grazing, reduced tilling, crop rotations, and maintaining vegetative cover, regenerative farming not only sustains farms but helps them thrive. Diestel's regenerative birds are fed U.S.-grown Certified Regenerative feed and have access to open land designed to replicate their natural shaded forest habitat.

"This new research validates that how we raise our turkeys impacts not just the land, but the nutritional quality of the food families put on their tables," said Heidi Diestel, fourth-generation farmer at Diestel Family Turkey Ranch. "At Diestel, we believe food IS critical to our health and wellness. Whole, clean, and nutritious food is our first defence when it comes to staying healthy and preventing disease. That's why even as a small, family-run farm, we're so committed to raising the most nutrient-dense birds on the market. It's the right thing to do."