



*...it makes the spirit of people  
light and cheerful*

*said the Twelfth century healer,  
St. Hildegard, about Spelt.*



Whole grain is by far the best food for human beings, key to good health.  
Variety of whole grain is easy with five delicious, versatile, quick cooking,  
organic **Whole EDEN Cereal Grains**.

**EDEN Whole Grain Flakes** are a pure source of sustaining energy,  
protein, good fiber, vitamins, etc. They will always set a positive tone.

