



Eden Good Source of Fiber Foods

edenfoods.com - 888 424-EDEN (3336)

Beans - Canned -- Organic Beans

Black Eyed Peas, Organic, 29 oz 103129
Black Eyed Peas, Organic, 15 oz 103120
Black Soybeans, Organic, 29 oz 103059
Butter Beans (Baby Lima), Organic, 15 oz 103130
Lentils w/Onion & Bay Leaf, Organic, 15 oz 103090
Small Red Beans, Organic, 29 oz 103119

Organic Rice & Beans

Brown Rice & Kidney Beans, Organic, 15 oz 103220
Brown Rice & Pinto Beans, Organic, 15 oz 103205
Cajun Rice & Small Red Beans, Organic, 15 oz 103230
Caribbean Rice & Black Beans, Organic, 15 oz 103215
Mexican Rice & Black Beans, Organic, 15 oz 103218
Moroccan Rice & Garbanzo Beans, Organic, 15 oz 103213
Spanish Rice & Pinto Beans, Organic, 15 oz 103208

Cereal -- Flakes

Kamut Flakes, Organic, 16 oz 113065
Spelt Flakes, Organic, 16 oz 113060

Cereal -- Muesli

Cinnamon Muesli, Organic, 17.6 oz 113075
Muesli, Organic, 17.6 oz 113070

Fruit & Juices -- Dried Fruit

Dried Apricots, Organic, 8 oz 450016
Dried Montmorency Cherries, 10 lb 103285
Dried Montmorency Cherries, 4 oz 103270

Fruit & Juices -- Sauces and Butters

Apple Cherry Sauce, Organic, 25 oz 103350

Macrobiotic Specialty -- Macrobiotic Specialty

Daikon Radish - Sun Dried and Sliced, 3.5 oz 110100

Macrobiotic Specialty -- Miso

Genmai Miso, Organic, 12.1 oz 107780

Macrobiotic Specialty -- Pasta

Kamut® Soba, Organic, 8 oz 101685
Kamut® Udon, Organic, 8 oz 101695
Lotus Root Soba, 8.8 oz 108160
Soba, 100% Buckwheat, 8 oz 108300
Soba, 40% Buckwheat, 8.8 oz 108100
Wheat & Rice Udon, Organic, 8 oz 101715

Macrobiotic Specialty -- Sea Vegetables

Hiziki, Sea Vegetable, 2.1 oz 108860



Eden Good Source of Fiber Foods

edenfoods.com - 888 424-EDEN (3336)

Wakame, Sea Vegetable, 2.1 oz 108900

Pasta -- Organic 100% Whole Grain

Spelt & Buckwheat Gemelli, Organic, 100% Whole Grain, 12 oz 101655

Pasta -- Organic 60% Whole Grain

Flax Rice Spirals, Organic, 60% Whole Grain, 12 oz 101265

Small Vegetable Shells, Organic, 60% Whole Grain, 12 oz 101645

Spinach Spirals, Organic, 60% Whole Grain, 12 oz 101350

Vegetable Alphabets, Organic, 60% Whole Grain, 16 oz 101395

Pasta -- Organic Golden Amber Durum

Parsley Garlic Ribbons, Organic, 8 oz 101485

Vegetable Ribbons, Organic, 8 oz 101425

Snack Foods -- 1 oz Pocket Snacks

Dried Wild Blueberries Pocket Snacks, Organic, Box of 12 Each - 1 oz 203261

Pistachios Pocket Snacks, Organic, Box of 12 Each - 1 oz 213031

Pistachios Pocket Snacks, Organic, Each 1 oz 113031

Pumpkin Seeds Pocket Snacks, Organic, Each 1 oz 113016

Pumpkin Seeds Pocket Snacks, Organic, Box of 12 Each - 1 oz 213016

Quiet Moon Pocket Snacks, Each 1 oz 112016

Quiet Moon Pocket Snacks, Box of 12 Each - 1 oz 212016

Spicy Pumpkin Seeds Pocket Snacks, Organic, Box of 12 Each - 1 oz 212366

Spicy Pumpkin Seeds Pocket Snacks, Organic, Each 1 oz 112366

Tamari Almonds Pocket Snacks, Organic, Each 1 oz 112426

Tamari Almonds Pocket Snacks, Organic, Box of 12 Each - 1 oz 212426

Wild Berry Mix Pocket Snacks, Organic, Box of 12 Each - 1 oz 212031

Wild Berry Mix, Organic Pocket Snacks, Each 1 oz 112031

Snack Foods -- 4 oz Snacks

Pistachios, Organic, 4 oz 113030

Quiet Moon, 4 oz 112015

Tamari Roasted Almonds, Organic, 4 oz 112425

Wild Berry Mix, Organic, 4 oz 112030

Tomatoes & Sauerkraut -- Organic Sauerkraut

Sauerkraut, Organic, 32 oz 103900

Whole Grains -- Best Whole

Millet, Organic, 16 oz 113035

Pearled Barley, Organic, 2 lb 426061

Pearled Barley, Organic, 5 lb 406061

Quinoa, Organic, 5 lb 406900

Quinoa, Organic, 16 oz 106900

Short Grain Brown Rice, Organic, 5 lb 405501

Short Grain Brown Rice, Organic, 2 lb 425501

Wild Rice, 100% Whole Grain, 7 oz 106920



Eden Good Source of Fiber Foods

edenfoods.com - 888 424-EDEN (3336)

Whole Grains -- Flour

Kamut® Wheat Flour, Organic, 5 lb 411475
Kamut® Wheat Flour, Organic, 2 lb 421475
Hard Red Spring Wheat Flour, Organic, 2 lb 421441
Hard Red Spring Wheat Flour, Organic, 5 lb 411440
Quinoa Flour, Organic, 2 lb 421748
Quinoa Flour, Organic, 5 lb 411748
Spelt Wheat Flour, Organic, 5 lb 411575
Spelt Wheat Flour, Organic, 2 lb 421575
Whole Wheat Pastry Flour, Organic, 2 lb 421500
Whole Wheat Pastry Flour, Organic, 5 lb 411500

Bulk -- Fruit and Nut Mixes

Tamari Roasted Almonds, Organic, 10 lb 112420
Tamari Roasted Almonds, Organic, 25 lb 112400

Bulk -- Miso

Genmai Miso, Organic, 22 lb 107520

Bulk -- Organic Beans

Navy Beans, Organic, 108 oz 103008
Small Red Beans, Organic, Dry, 25 lb 102850

Bulk -- Organic Flour

Hard Red Spring Wheat Flour, Organic, 50 lb 111440
Hard Red Winter Wheat Flour, Organic, 50 lb 111400
Pastry Flour - Soft White Wheat, Organic, 50 lb 111500

Bulk -- Organic Grain

Pearled Barley, Organic, 50 lb 106060
Quinoa, Organic, 25 lb 106860

Bulk -- Pasta

Parsley Garlic Ribbons, Organic, 10 lb 101480
Udon, Organic, 100% Whole Grain, 10 lb 101725
Wheat & Rice Udon, Organic, 10 lb 101735

Bulk -- Sea Vegetables

Hiziki, Sea Vegetable, 2.2 lb 108620
Wakame, Sea Vegetable, 2.2 lb 108700