

Not Just Any Instant Noodle

The word "instant" has always been associated with something rather poor in taste and bad for health, but from now it doesn't have to be. GreeNoodle® while being quick and easy to prepare is a healthy, natural and delicious alternative to conventional instant noodles.

Healthy : GreeNoodles are made with unbleached and unprocessed wheat flour and organically grown and exceptionally nutritious *moroheiya*, a vegetable that contains a significant amount of vitamins, minerals and dietary fibers. (One serving of noodles contains 32% of Daily Values of dietary fibers, 20% of vitamin A and more!)

Natural : GreeNoodles are air dried instead of being fried and have no added preservatives, food coloring or MSG. They also do not contain egg or animal products and all soups are vegetarian.

Delicious : GreeNoodles have great taste and good chewy texture.

As a quick snack or as a part of a more complete meal, GreeNoodle™ makes it easy to add vegetables to diet. Try it also with a salad or with a stir fry sauce!



Available Products



Plain Noodles

(without soup base)

Can be used in any recipe: with a soup, salad or as a side dish



Japanese Style Shiitake Soup

with dried shiitake mushrooms, soy sauce and sesame oil



Thai Style Tom Yum Soup

with lemon grass and spicy Tom Yum paste



Yakisoba Style Noodles

stir fried style noodles with dry vegetables and spicy sweet sauce



Miso Soup

traditional Japanese soup with seaweed

Certifications



(moroheiya only)

Imported by Eon Foods International
23585 Foley St. Hayward, CA 94545, USA

www.greenoodle.com

Noodles have gone
GREEN



Made with organically grown

MOROHEIYA

INTRODUCING

GreeNoodle®

Made with Moroheiya



Wonderful Food For Everyone

Before being involved in agriculture, I was working for a company in Japan that produced health supplements. During that time I encountered moroheiya - an unusually nutritious vegetable, also known as the "King's vegetable". However the market for supplements is limited - it's not for the children, youth, or healthy people... I really thought a lot about a product that everyone could enjoy and that would have much nutrition. My conclusion was noodles. People of all ages love noodles. There are also many ways of cooking it: chow mein, ramen, with soups or with salads... It's a wonderful food with universal appeal. That is why I made up my mind to develop moroheiya noodles. So I quit my job to start an organic agriculture - business that would offer safe foods to people while protecting and taking care of the environment. It was not an easy task, but despite of all the hardships, today I am proud to present to you the fruits of my hard labor. I put all my heart and soul into perfecting this delicious health food.

Mr. Sho Oga.

Did you know?

Since its first discovery in ancient Egypt, moroheiya has been prized for its health and beauty benefits. Cleopatra, an Egyptian queen, loved it as the secret of her beauty. And legend even tells that it restored the health of a dying Pharaoh. That is when moroheiya, or in original Arabic "mulukhiya", received its name, which means "the food of the kings".



Why Is It Green?..It's Moroheiya

Moroheiya also known as mulukhiya or mallow leaf (Corchuros in Lat.) has been cultivated in Egypt since ancient times. Its fibers are spun into jute while its young shoots and leaves are harvested as a vegetable and used in traditional Egyptian dishes and stews. However not many people know that this seemingly humble plant has a very surprising nutritional value.

As the Japanese Ministry of Education and Science reported, moroheiya contains great amounts of



Vegetable per 100g	Potassium (mg)	Calcium (mg)	Iron (mg)	β-Carotene (μg)	Vitamin A (iu)	Vitamin B1 (mg)	Vitamin B2 (mg)	Vitamin B9 (μg)	Vitamin C (mg)	Dietary Fibers (g)
Moroheiya	530	260	1.0	10,000	840	0.18	0.42	260	65	5.9
Spinach	690	48	2.0	4,200	350	0.11	0.20	210	36	2.8
Broccoli	360	38	1.0	800	87	0.14	0.20	210	120	4.4
Chive	510	48	0.7	3,500	290	0.06	0.13	100	19	2.7
Carrot	280	29	0.2	7,700	790	0.06	0.04	28	4	2.7
Pumpkin	400	20	0.8	700	80	0.07	0.06	80	16	2.8

vitamins, minerals and dietary fibers in quantities that surpass most known vegetables and herbs several times over. The table below compares moroheiya to some of the common vegetables.

The moroheiya used in GreeNoodles is grown on an organic IFOAM certified farm in Thailand, where the tropical climate is very well suited to the plant allowing it to be harvested twice a year.

