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The Story of Miso-Cup®

Miso (pronounced meé-so), one of Asia's most important foods, was created by the ancient Chinese more than two thousand years ago. Buddhist monks later brought this versatile soyfood to Japan, where it evolved into the delicious miso soup we know today.

Miso was originally reserved exclusively for nobility, but it was eventually shared more widely, and has now become a treasured staple in kitchens throughout the Orient. The popularity of Japanese cuisine has made miso soup a worldwide favorite, thanks to its wonderful flavor and unique nutritional profile.

To make Organic Traditional Miso-Cup® with Tofu, our miso craftsmen age certified organic soybeans and certified organic rice with a special starter culture. Sea salt, time and pressure are employed to regulate this natural aging process. Next, we freeze-dry the fresh unpasteurized organic miso to retain its maximum benefits, adding only select natural ingredients, such as mineral-rich wakame seaweed and organic tofu (another great soyfood), to make Organic Miso-Cup® complete.



Like yogurt, miso is considered to be a living food. That is why Edward & Sons takes extra care to use costly freeze-drying methods to retain, as much as possible, the naturally occurring living cultures for which fresh miso is prized. Miso-Cup® is a vegan soyfood, boasting a rich, satisfying flavor that easily replaces meat or poultry as the foundation for soups, stews, or gravies. It is a natural source of isoflavones, and totally free from cholesterol and trans fat.

Like all Edward & Sons products, Miso-Cup® offers discerning consumers true "Convenience Without Compromise!"™ Perhaps the first "convenience health food", Miso-Cup® has been nourishing people on the go since 1978, and has become internationally famous as America's leading natural instant soup.

*SOURCE: THE BOOK OF MISO, by W. Shurtleff & A. Aoyagi, 10 Speed Press. For more information, contact: Soyinfo Center, Box 234, Lafayette, CA 94549 www.soyinfocenter.com

Miso-Cup® is an exclusive worldwide product of Edward & Sons Trading Company, Inc., a vegetarian company. Box 1326, Carpinteria, California 93014, U.S.A. www.edwardandsons.com Certified organic by QAI, Certifié biologique par QAI



**Organic Miso-Cup® Traditional Soup With Tofu Directions:
Add contents of one envelope to 8 oz. of hot water—stir—enjoy!**

Hint: At home, you may use leftover water from steamed vegetables for added flavor and nutritional content.

Ingredients: Freeze-dried Organic Miso (Organic Soybeans, Cultured Organic Rice, Sea Salt), Freeze-dried Organic Tofu (Water, Organic Soybeans, Calcium Sulfate, Nigari [Magnesium Chloride]), Organic Onion Powder, Organic Onions, Wakame Seaweed, Organic Parsley.
Allergens: Contains Soy.

Ingédients: Miso séché-à-froid* (fèves de soya*, riz de culture*, sel de mer), tofu séché-à-froid* (eau, fèves de soya*, sulfate de calcium, nigari [chlorure de magnésium]), poudre d'oignons*, oignons*, algues (wakame), persil*.
Allergène: contient soya. *Biologique

Miso-Cup® contains no animal products, sugar, preservatives, hydrogenated fats, MSG or chemical additives.

RECIPE: Organic Party Dip

Mix one Miso-Cup® envelope with 6-8oz. organic sour cream. Stir well. Serve with chips or raw veggies.

Note: The bits of wakame seaweed will expand when mixed with the sour cream and reminds us of classic spinach dip... with an Asian twist. Delicious!

Nutrition Facts

Serving Size 1 envelope (9g)
Servings Per Container 4

Amount Per Serving		%Daily Value*
Calories 35	Calories from fat 10	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 480mg		20%
Total Carbohydrate 4g		1%
Dietary Fiber less than 1g		3%
Sugars less than 1g		
Protein 2g		
Vitamin A 2%	Vitamin C 2%	
Calcium 2%	Iron 4%	

*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

NUTRI-CHECK™

- ✓ Vegan
- ✓ No MSG
- ✓ No Cholesterol
- ✓ Gluten Free
- ✓ No Trans Fat
- ✓ Low Calorie
- ✓ No Added Sugar
- ✓ No Saturated Fats

Organic Traditional Miso-Cup is produced in a facility that is both HACCP and Organic Certified. From the farmer's field to the final package, independent monitoring of regulated procedures is your assurance of product safety and organic integrity.

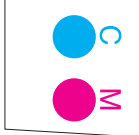
Product of China / Produit de Chine

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Many quick soups are packaged along with disposable cups. This can waste trees and petroleum resources, thereby adding to the financial and ecological cost of those soups. Edward & Sons encourages you to use your own favorite cup in order to preserve our precious resources, or you may want to enjoy one of ours. While quantities last, you may purchase an attractive Miso-Cup Soup mug (a \$6.95 value), for only \$3.99. Please send a check in the amount of \$3.99 to Miso-Cup Soup Mug Offer, P.O. Box 1326, Carpinteria CA 93014. We will send you an attractive Miso-Cup mug for your very own. All proceeds from this offer will be donated to non-profit reforestation agencies to help balance depleted woodland resources.

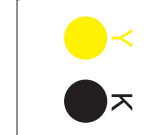
SPECIAL OFFER!



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NATURAL/INSTANT
MISO-CUP®
ORGANIC TRADITIONAL SOUP WITH TOFU
SOUPE TRADITIONNELLE BIOLOGIQUE AVEC TOFU



Delicious Soup in Seconds!TM Net Wt. / Poids net 1.3 oz. 36g



MISO-CUP®
TRADITIONAL SOUP WITH TOFU
"THE ORIGINAL"

FREEZE-DRIED INSTANT!
Just Add Hot Water!



NATURAL/INSTANT
MISO-CUP® ORGANIC TRADITIONAL SOUP WITH TOFU
SOUPE TRADITIONNELLE BIOLOGIQUE AVEC TOFU

NATURAL/INSTANT
ORGANIC TRADITIONAL SOUP WITH TOFU
SOUPE TRADITIONNELLE BIOLOGIQUE AVEC TOFU
MISO-CUP®

ORGANIC INSTANT SOUP MIX

