

GREAT TASTE, GREATER GOOD.

www.eat-wholesome.com

*We donate the equivalent of seeds
for one sq ft of farmland for each
Eat Wholesome™ product bought.*



- *Live and unpasteurized*
- *Rich in probiotics*
- *Vegan and gluten-free*

Storage: Refrigerate and best eaten within
4 days of opening.

Ingredients: Cabbage* (53%), water, carrot*
(7%), salt. *Organic.

Prepared for: Eat Wholesome Ltd.

Grand Union House, 20 Kentish Town Rd,
London, UK, NW1 9NX

eat wholesome™
FOOD CO.

ORGANIC
— RAW —



SAUERKRAUT & CARROT

Naturally fermented

Typical Nutrition Values
Per 100g

Energy	47kj/11kcal
Fat	0.1g
of which saturates	0.0g
Carbohydrate	4.8g
of which sugar	0.2g
Protein	0.7g
Salt	2.2g

Best Before: See lid.

500g e
300g Drained
Weight



PL-EKO-01
EU Agriculture

