

Gluten Free

Gluten is a special type of protein that is commonly found in wheat, rye and barley.

When people with celiac disease eat foods containing gluten, their immune system responds by damaging the finger-like villi of the small intestine. When the villi become damaged, the body is unable to absorb nutrients into the bloodstream properly, which can lead to malnourishment. *Celiac Disease affects nearly 1 out of every 100 people.*

All Foods Alive products are crafted in a dedicated Wheat & Gluten Free facility.

Chocolate



Our Velvet Chocolate Medallions are made with three ingredients: Raw Cacao Beans, Coconut Sugar and Raw Cacao Butter..that's all! The temperature is monitored every step of the way, to insure it stays below 115°F, to preserve the minerals & nutrients.

Glass Straws



Enjoy your superfood smoothie in style and protect our planet earth at the same time! Stop using & tossing plastic straws and start using a glass straw! Each straw comes with its own cleaning brush so you can use it over and over and over and over and.... well, you get the idea!

Foods Alive is a family owned company, and just like you, we care deeply about the foods we put in our bodies.

This is why you will only find the highest quality Organic, Non-GMO, Vegan and Gluten Free ingredients in the foods we create.

From our kitchen to yours!

*"Let food be thy medicine and medicine be thy food"
-- Hippocrates --*



*"Wherever Flaxseed becomes a regular food item among the people there will be better health"
-- Mahatma Gandhi --*

Made in Indiana, USA!
260-488-4497
www.foodsalive.com



since 2002

Life Giving Mineral Rich Organic Foods



Artisan Crafted Crackers, Chocolate, Cold-Pressed Oils, Superfood Dressings Superfoods and more!



Omega-3 EFA's

Flax, Chia, Hemp and Sesame seeds are all excellent sources of Essential Fatty Acids (EFA's) which include Omega-3, Omega-6 & Omega-9. 6 X's richer than most fish oils in Omega-3, flax and chia oil are perhaps the most widely available botanical source of Omega-3.

Omega-3 fats are used by the body to produce Series 1 and 3 prostaglandins, which are anti-inflammatory hormone-like molecules. EFA'S are directly connected with many life-sustaining biological functions. A lack of EFA's in the diet has been associated with numerous diseases and health complications.

Dietary Fiber

Seeds are great sources of Dietary Fiber and are a safe and natural way to help regulate your system. If the digestive system is not working properly, it may make it very hard to lose weight because your body is not breaking down and eliminating the foods that you eat.

Studies have shown that the average person contains 5 to 25 pounds of waste build up in their colon. This "build up" leads to bacteria and toxins that contaminate your system causing common sicknesses and diseases.

More info inside!

Crackers/Snackers

We start by soaking gold flaxseed in water, this starts the germination or life process of the seed. This also increases the nutritional value and makes the seed easier to chew and digest (no coffee grinder required!).

Then, after adding robust spices and herbs or something sweet, we gently dehydrate them at a low temperature.

Our delicate process allows us to preserve the vital living enzymes and nutrients inside the flaxseed.

Flaxseed is packed with fiber, protein, omega-3's and many other essential vitamins and minerals including calcium, iron, magnesium, zinc, manganese, copper & folate.

Try these with dips and spreads. Use 'em in place of bread, or as croutons on your next salad!



Nutrition Facts	
Serving Size: about 5 crackers (28g)	
Amount Per Serving	
Calories	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 180 mg	7%
Potassium 280mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 9g	36%
Sugars 1g	
Protein 8g	16%
Vitamin A 2%	Vitamin C 0%
Calcium 8%	Iron 10%
Vitamin B6 10%	Folate 8%
Phosphorus 15%	Magnesium 25%
Zinc 10%	Copper 25%
Manganese 50%	
*Percentage Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Omega 3/6/9	
Omega-3 Fatty Acids: 3.8 g/serving	
Omega-6 Fatty Acids: 1.2 g/serving	
Omega-9 Fatty Acids: 1.8 g/serving	

Onion Garlic Crackers

Flax Crackers Sprouting

Food to nourish your body, mind & soul!

The best tasting food comes from nutrient dense soil that is alive and rich in vitamins and minerals.

After acquiring samples from numerous certified organic farmers and making each sample into small batches of both crackers and artisan cold-pressed oil, we thoroughly taste each sample to find the one with the freshest, lightest and nuttiest taste, showing its full potential of minerals and nutrients.

Our extra attention to detail allows us to create crackers, oils & super dressings with the highest quality of flavor, freshness and nutrition... 100% Guaranteed!

Cold-Pressed Oils & Superfood Dressings



Are you due for an oil change?

Cold-Pressed in small batches for superior freshness & taste, our oils are an excellent source of EFA's (Essential Fatty Acids).

A healthy addition to your diet when added to blended drinks, smoothies, soups or used to make a salad dressing...In fact, these are the base for our Superfood Dressings!



The flax oil on the right did not pass our inspection, due to the rancid taste and dark color of the oil. We find that organic seed crops grown in noxious soil, that has not recovered from conventional farming practices, should not be consumed.

What makes these so Super?

They're made using our own cold-pressed flax, chia, hemp and sesame oils to provide your family with high quality Omega 3, 6 & 9 EFA's.

You won't find any soybean, canola or corn oil in any of our superfood dressings!

These delightful sauces are simply delicious when drizzled over salads, fresh veggies, wraps, sandwiches, rice, pasta and more!

Now you can throw away all of the bad dressings in your fridge and start adding healthy oils to your diet!



Sweet Mustard on baby greens



Flax Crackers used as croutons

Super Foods

We source the highest quality super foods from around the globe so you can provide your family with the most nutrient dense foods available.

Super Foods have high amounts of anti-oxidants, micro & macro nutrients, flavonoids, proteins, fiber, and many other essential nutrients that our bodies need, but don't make on their own.

Add these potent foods to smoothies, granolas, trail mixes and more to give your body the much needed nutritional boost it deserves!



Maca Root



Goji Berries

Nutrition Facts	
Serving Size: 2 Tbsp (14 grams)	
Amount Per Serving	
Calories	Calories from Fat 60
% Daily Value*	
Total Fat 6.85g	11%
Saturated Fat (less than 1 gram)	2%
Trans Fat 0g	
Polyunsaturated Fat 5.2g	
Monounsaturated Fat .7g	
Cholesterol 0g	0%
Sodium 0mg	0%
Potassium 140mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber .5g	2%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 10%
Thiamin (B1) 15%	Niacin 4%
Phosphorus 18%	Magnesium 20%
Zinc 9%	Copper 13%
Manganese 41%	Riboflavin 5%
Vitamin E 17%	

Hulled Hemp Seed