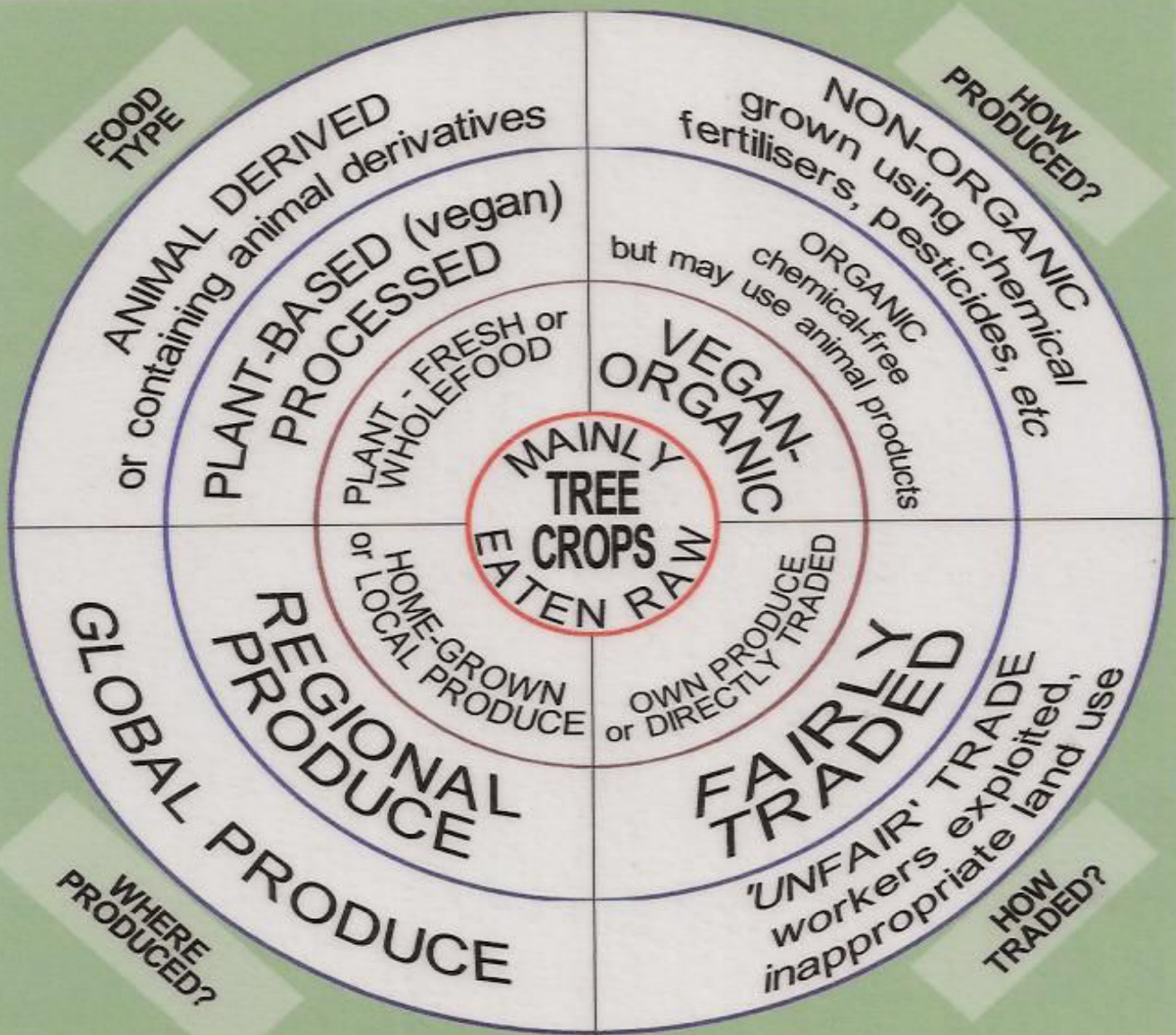




THE MOVEMENT FOR COMPASSIONATE LIVING



THE FOOD TARGET

FOR A MORE COMPASSIONATE DIET,
CHOOSE FOODS WHICH ARE AS CLOSE TO
THE CENTRE OF THE TARGET AS POSSIBLE.