

THE FOOD TARGET

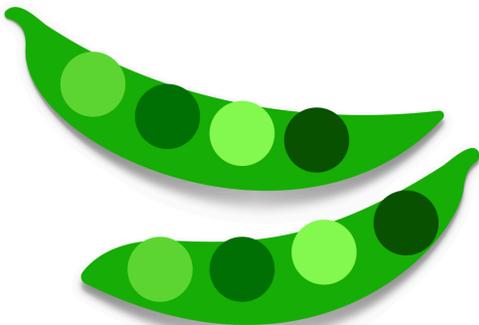
For a diet of greater benefit to you, for all the inhabitants of the Earth, and for the planet itself, choose foods that are at the center of this target, or as close as possible to the center.



Credit: Movement For Compassionate Living 105 Cyfyng Road, Ystalyfera, Swansea SA9 2BT, UK

* VEGANIC (Vegan-Organic) produce is free from: Patents, Genetic Modification Organisms, Petrochemical Fertilizers, Toxic Spraying, Blood, Bones, Manure, Fishing Waste and Animals for Plowing.

THE NOBLE PEACE TRIBE



Did you know that there are more than **50,000** edible plants on Earth, plus more than 10,000 in the ocean?

However, most humans only eat **100 - 0.2%** of the TOTAL potential!

Only take **beans** as an example: there are about 40,000 varieties worldwide, only a fraction produced for consumption. How many varieties do you know?

Broad or fava beans, Adzuki beans, pinto beans, runner beans, kidney beans, green beans, winged beans, mung bean, soybean, chickpeas (or garbanzo beans), sword bean, velvet bean, ricebean, hyacinth bean, jack bean, moth bean, black-eyed pea, ground bean, cowpea, yardlong bean, black bean, peas, among others.

These are all beans!

To stop eating animals, dairy, eggs and honey may sound like you're going to miss out, that you're going to be hungry or that your plate will be empty. However, in a vegetarian diet there is no such thing as "leaving behind" or "missing out", but reclaiming the abundance of all varieties and flavors that exist in plants.

Origin & Meaning of the Word VEGAN

The word "**VEGAN**" was coined more than 70 years ago in England. We could say that it all started with the classic story of "girl meets boy", they fall in love, they get married and, a good day of partying and dancing, Dorothy tells Donald about a new word that occurred to her, which would identify themselves as people who eat **VEGETARIAN** food and who, above all, ceased their participation in any form of activity combining suffering and exploitation for food, clothing and footwear, entertainment, personal hygiene, beautifying and pharmaceutical purposes, as well as the use of animals in forced labor, experimentation and trading.

This new word would be composed of the first three and the last two letters of the word "**VEGETARIAN**" (**VEGAN**). This word had a long journey of 70 years to be incorporated into the Dictionary of the Spanish language in October 2014.

Motivation for Choosing a VEGAN Way of Life

The motivation for a daily practice of a vegan lifestyle usually arises from just one of three big areas (at the beginning): **People, Animals, and Planet**.

People are the **human animal population**: reasons are concerns about their own health, resources for feeding the world, religion, ...

Animals are the **non-human animal population** (wild or domesticated): ethical considerations (animal suffering), protecting (wild) biodiversity, which is pushed out of their environment to make space for factory farming of animals for human consumption/use.

And for the **Planet**: to protect the environment, the climate and **everything living and not living on Earth** (rivers, mountains, air, forests...).

Vegan and Vegetarian... What is the difference?

All **VEGANS** eat a **VEGETARIAN** diet. But in practice, a **VEGAN** way of life encompasses much more than a certain form of eating. For this reason, **VEGETARIAN** eating habits are considered a type of diet, but **VEGANISM** is **NOT**.

A **VEGETARIAN** diet is **NOT** the same as an **API-OVO-LACTO-VEGETARIAN** diet.

The word **VEGETARIAN** does **NOT** describe a diet, in which honey=**API**, eggs=**OVO**, or dairy=**LACTO** are ingested. None of these are a **VEGETABLE**.

By **DAIRY** we mean a wide variety of products derived from the hormonal secretion of female mammals that is only produced after pregnancy for their newborn calves to gain weight, strength and adult size in the shortest possible time. **Dairy products** include cheeses (cream cheese, grated cheese, Feta, Mozzarella, cottage cheese, etc.), all possible types of animal milk (cow, goat, sheep; whole, skimmed, semi-skimmed, light, etc.), ice cream, yogurt (drinkable, Greek, etc.), butters (with salt, without salt, clarified, ghee, etc.), etc. None of these dairy products are part of a **VEGETARIAN** diet. And YES! **WE SUPPORT BREAST MILK!** As long as it's your mother's milk (and given that she is healthy)... **SUCK IT DRY!**

Eggs are produced by chickens and other birds to have offsprings. Eggs are found in many processed foods, such as cakes, pastries, desserts and pastas, and can be easily replaced by plant-based egg substitutes. **Honey** is a fundamental energy source for bees. Beekeepers usually replace the honey with sugar, which lacks the essential micronutrients that are important for bees. There are many plant-based liquid sweeteners to use instead of honey. As dairy, neither are eggs, honey or other bee products (pollen, beeswax) part of a vegetarian diet.

A common situation in almost everyday vegan living occurs when we have to explain to people who hear for the first time how we eat, that seafood, fish, insects and chicken in the menu **ARE NOT PLANTS** and therefore are **NOT** part of a **VEGETARIAN** diet.

Do we eat Jell-O or gummy bears? No, since the main "ingredient" in regular Jell-O and gummy bears is **gelatin**, which is obtained from the cartilage, bones and hooves of animals.