

Mediterranean Diet Pyramid

A contemporary approach to delicious, healthy eating

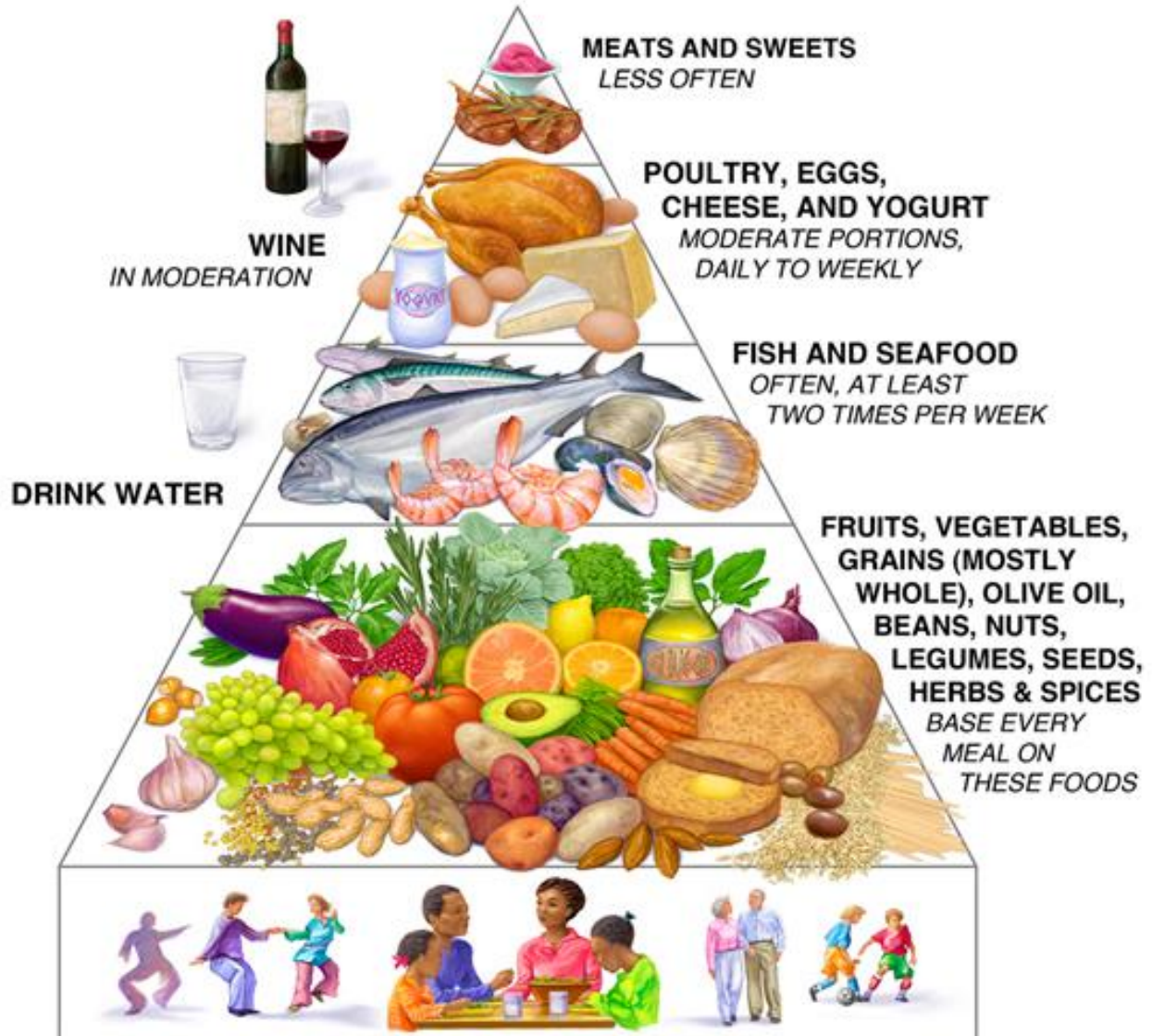


Illustration by George Middleton

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BE PHYSICALLY ACTIVE; ENJOY MEALS WITH OTHERS