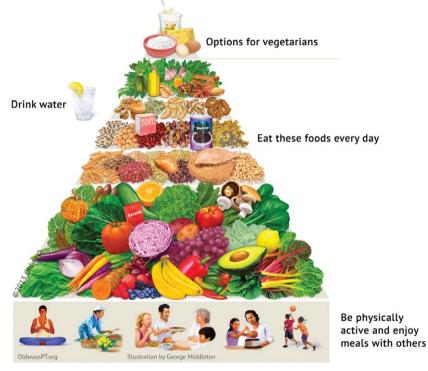
THE MEDITERRANEAN DIET PYRAMID



SOURCE: OLDWAYS, OLDWAYSPT.ORG