

# Mediterranean Diet Pyramid

*A contemporary approach to delicious, healthy eating*

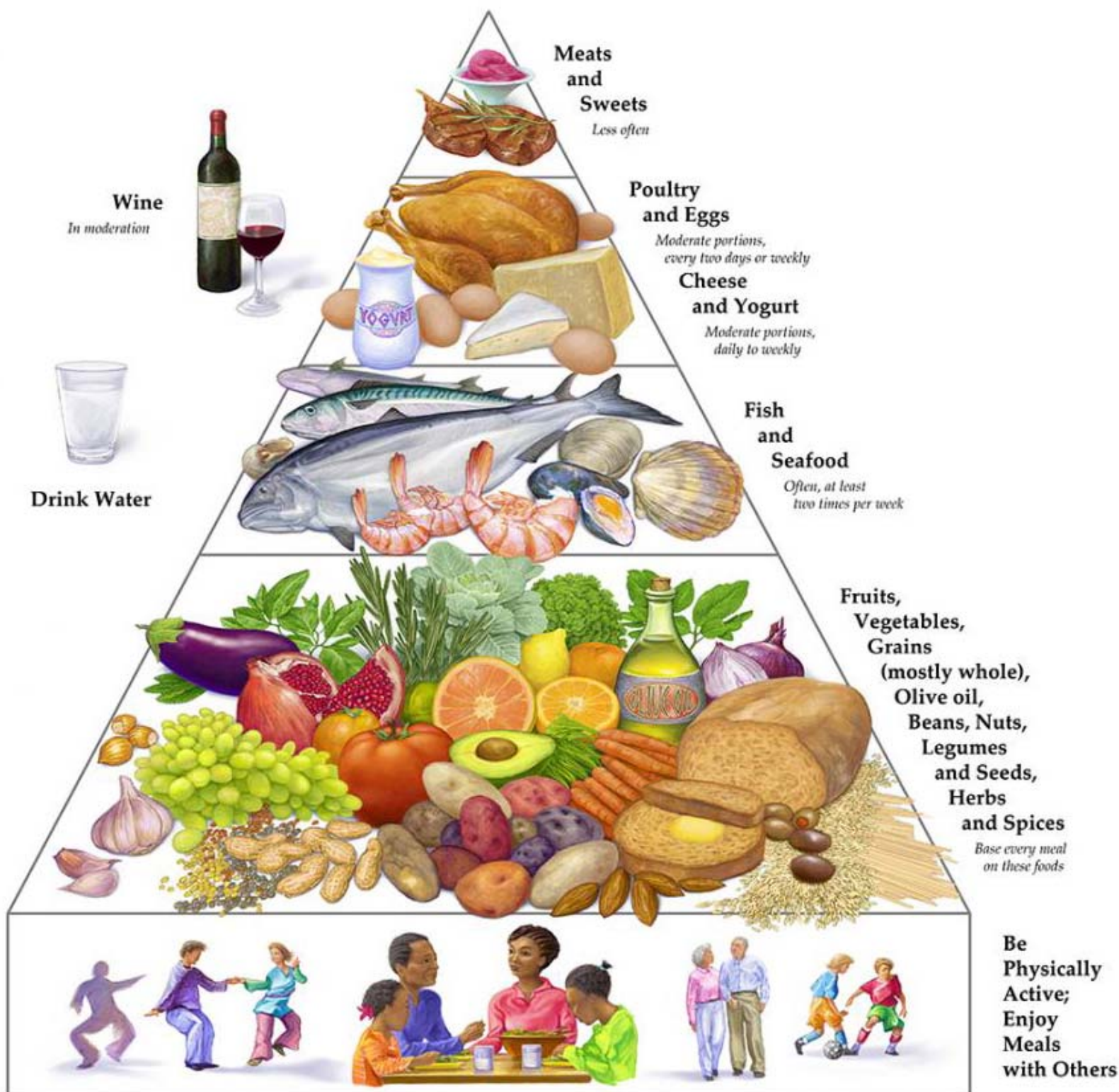


Illustration by George Middleton

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