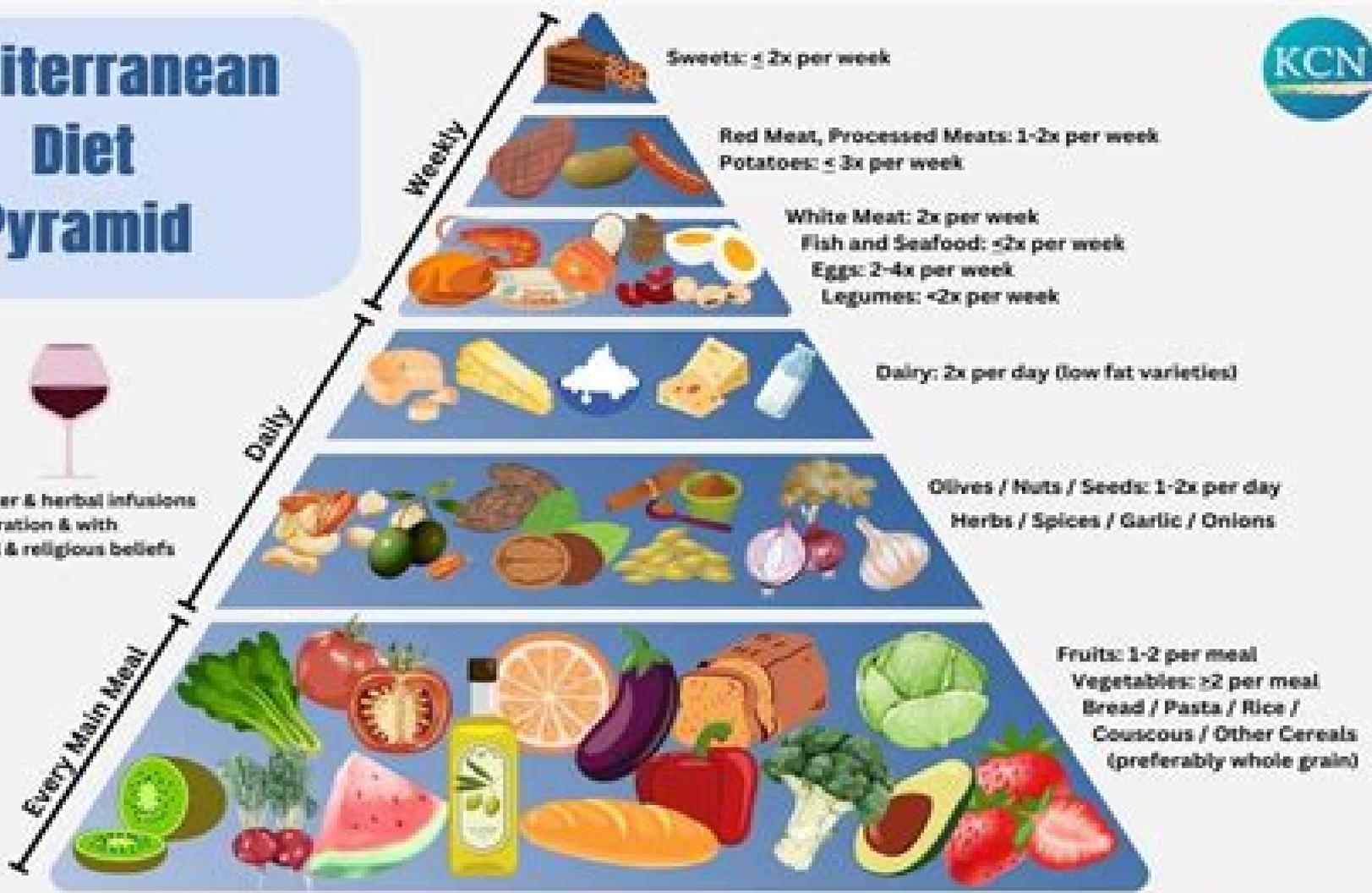


Mediterranean Diet Pyramid



- Drink mainly water & herbal infusions
- Wine ok in moderation & with respect to social & religious beliefs



Practice daily healthy lifestyle habits (i.e. physical activity, adequate rest, socialization, meals with family and friends, consuming & using local, eco-friendly products)

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