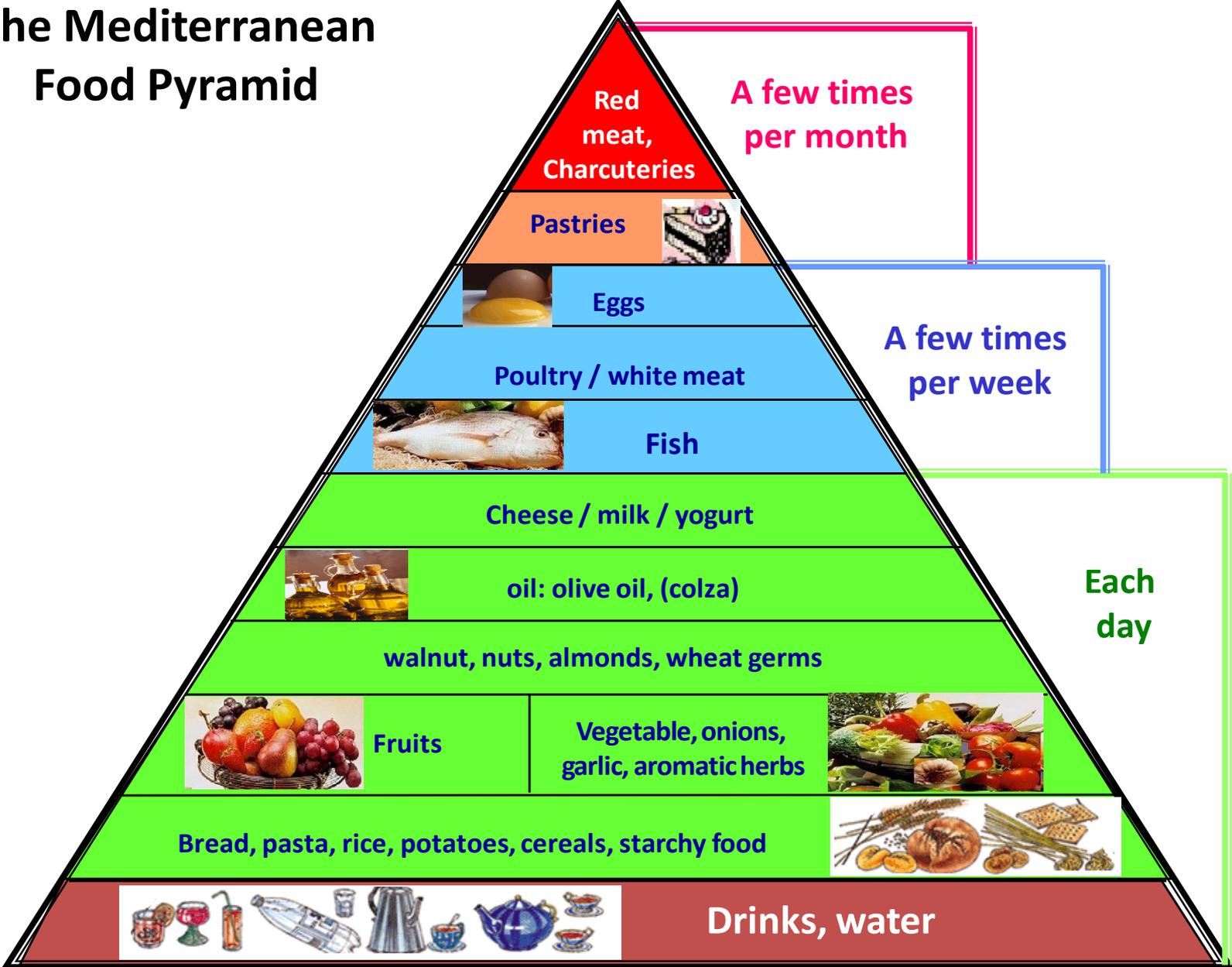


The Mediterranean Food Pyramid



Adapted from *Am J Med* 2002; 113: Suppl II: 109