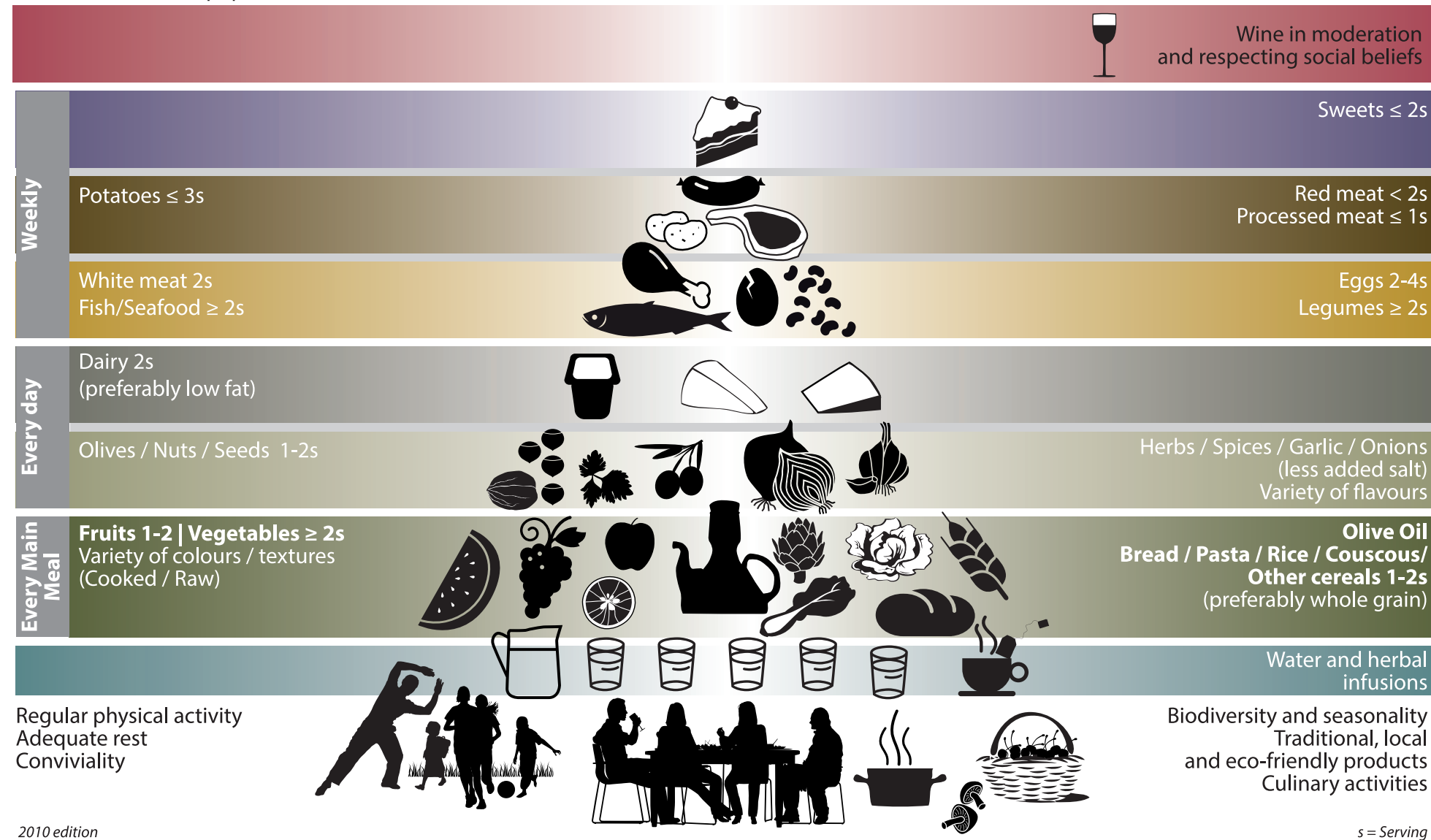


**Mediterranean Diet Pyramid: a lifestyle for today**  
Guidelines for Adult population

Serving size based on frugality and local habits



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The use and promotion of this pyramid is recommended without any restriction

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