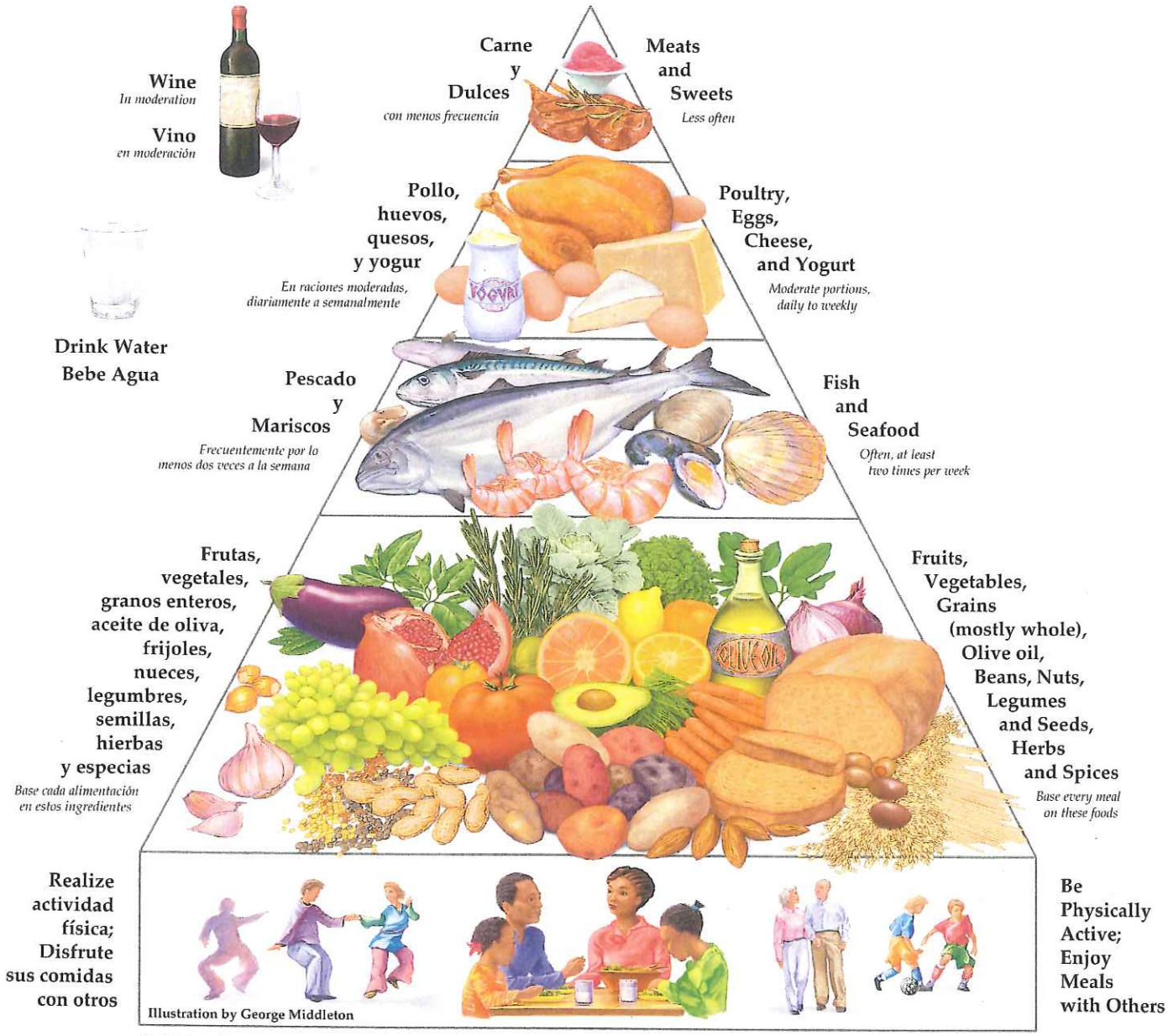
rediscover goodness

OLDWAYS

CULTURAL FOOD TRADITIONS

Mediterranean Diet Pyramid
La Pirámide de la Dieta Mediterránea



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