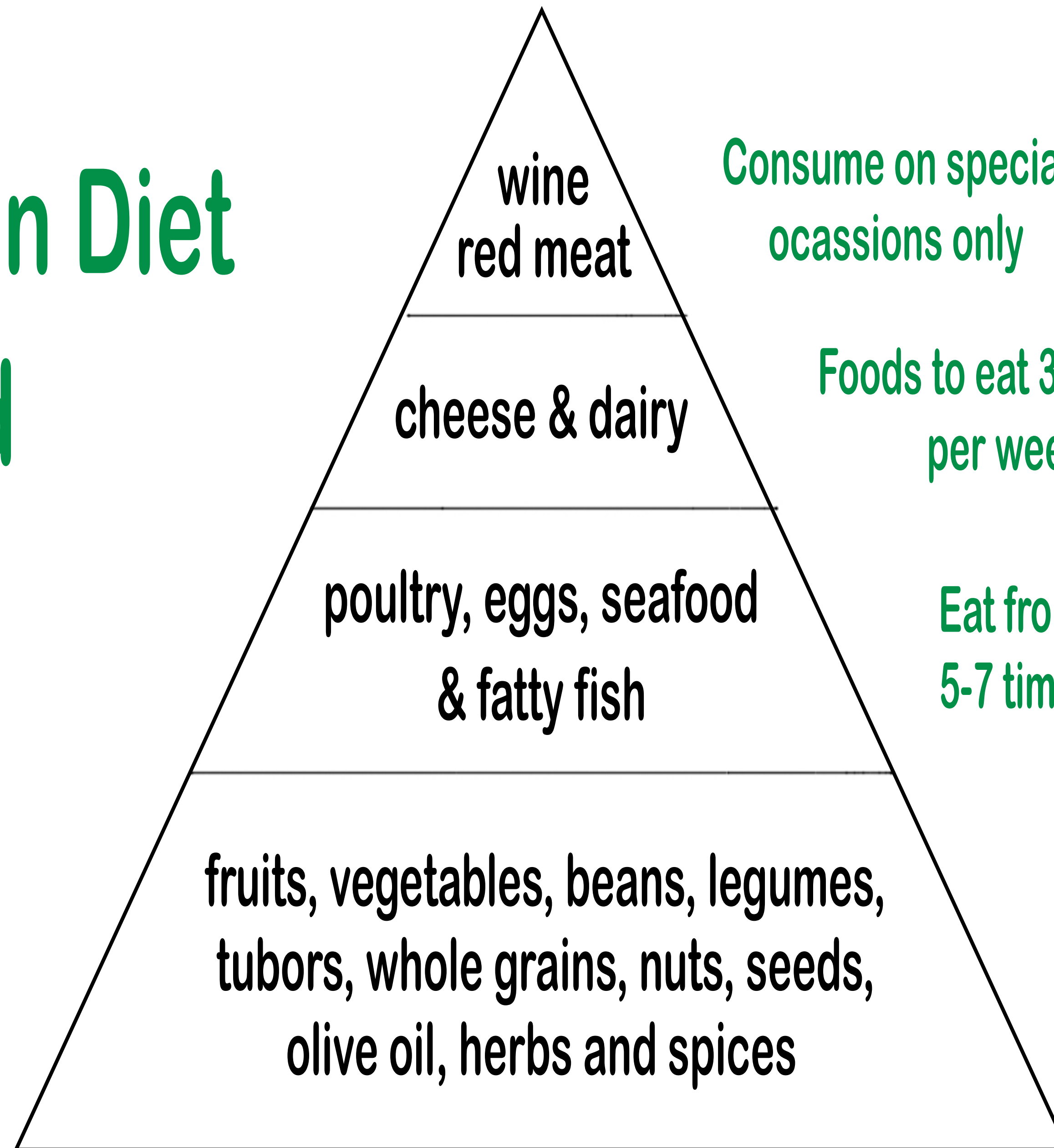


# Mediterranean Diet Pyramid

## Avoid these foods

refined grains  
all processed  
other oils  
sugar



Consume on special  
ocassions only

Foods to eat 3-5 times  
per week

Eat from this group  
5-7 times per week

Eat from this group at  
each meal every day